letters@metro.us

#1 FREE DAILY NEWSPAPER IN CENTER CITY

CATALDI TELLS THE TRUTH {pages 19-20}

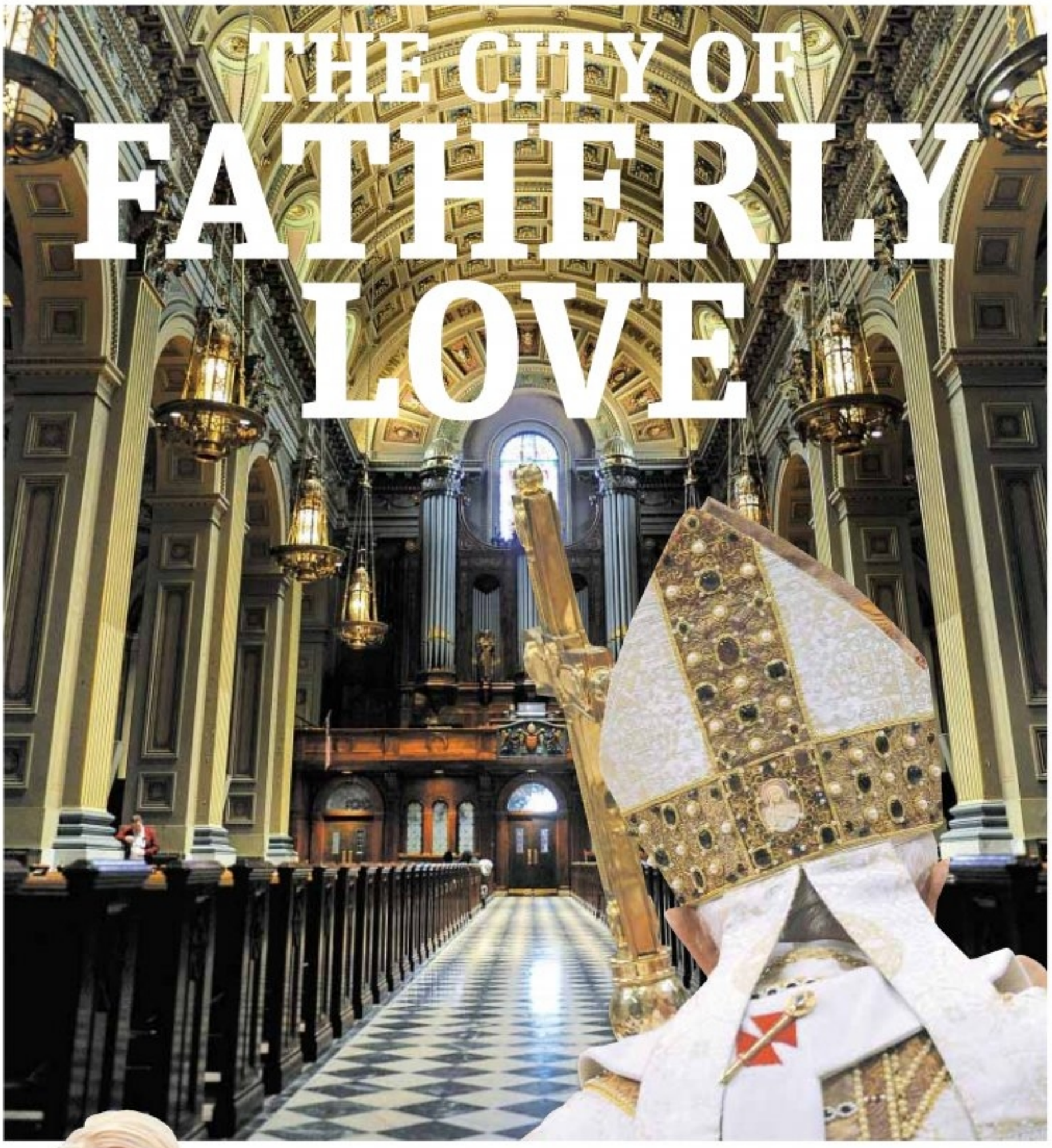
metro®

Max 49°
Min 41°

PHILADELPHIA
Tuesday, February 26, 2013

LOOKING FOR A LAWYER?
CALL THE BAR ASSOCIATION'S LAWYER REFERRAL AND INFORMATION SERVICE
215.238.6333
PHILADELPHIA BAR ASSOCIATION

Philadelphia has been chosen as the first-ever American city to hold the World Meeting of Families Both Pope Benedict and the new pontiff are scheduled to appear at the celebration {page 02}



travel

Beat the cold, get some sun in Barbados

Trade in your ergonomic work chair for a seat by the clear Caribbean {page 18}

parenting

Eat these foods for a healthy baby

That includes certain types of fish And bring on the ice cream! {page 16}

PLUS

AUTHOR ALL ATWITTER FOR TILDA {page 14}

1

In the news

21

The cost of treating several common health conditions in Philadelphia has risen as much as 21 percent, according to a report released yesterday by City Controller Alan Butkovitz. That far outpaces the national rise in health care costs, which averages 13.3 percent. METRO

Local tweet

"So I just found out that every country doesn't have their own pope??????"

@CODYMCCHICKEN, WHO APPARENTLY LEARNED SOMETHING YESTERDAY AFTER REPORTS SURFACED ON THE POPE'S EXPECTED 2015 PHILADELPHIA VISIT

In the news

Luries are Oscar winners again

Eagles' co-owners Jeffrey Lurie and Christina Weiss Lurie won their second Oscar Sunday night, this time for the documentary short "Inocente," a 40-minute film chronicling a homeless San Diego high-school girl.

The film was produced by Screen Pass Pictures, a nonprofit company founded by the former couple.

Both Lurie and Weiss Lurie are executive producers for "Inocente." They both won Oscars in 2011 for Best Documentary-winner "Inside Job." METRO

SEPTA bus peppered by bullets

Bullets shattered two windows on a Route G bus early yesterday in West Philadelphia, officials said.

Around 12:45 a.m. the bus, which was traveling northbound on 56th Street, caught two stray bullets that shattered two windows on the driver's side, according to SEPTA spokeswoman Heather Redfern.

The shattered glass blanketed one passenger, who was treated at the scene.

Redfern said she could neither confirm nor deny the bus was a target.

"There were also other cars in the area that were also hit by bullets," Redfern said. METRO

Make way for the Popemobile: Pontiff to visit Philly in 2015

It's the first World Meeting of Families in the US Archbishop calls Philly 'Catholic icon'

CHARLES MOSTOLLER/METRO

▶ Iwona Stapinska and Damian Procak, Polish citizens who live in Westfield, N.J., worship at Cathedral Basilica of Saints Peter and Paul in Center City yesterday.

In the same city where the Founding Fathers first declared independence, the Catholic Church will hold its first World Meeting of Families celebration on American soil, which likely includes a visit from the next pope.

The eighth installment of the family celebration will run from Sep. 22 to 27 in 2015.

Philadelphia Archbishop Charles Chaput said he isn't sure why Philadelphia was chosen as the first North American destination to hold the event. "His holiness didn't tell me," Chaput deadpanned.

But he said it's important to consider the ideals of human rights, human freedom and human dignity that were essential in the country's founding documents written here. The city was built on religious tolerance.

10M

In 2012, the World Meeting of Families in Milan cost an estimated 10 million euros, Chaput said. While the church isn't sure what the event will cost in American dollars today, 10 million euros equals about 8 million USD.

Pope Benedict XVI, who announced his resignation earlier this month, named Philadelphia as the next host of the five-day celebration and said he would be in attendance. Benedict's last day is Friday, and his successor is slated to be named by April.

Chaput said he "can't imagine" that the next pope wouldn't attend.

The World Meeting of Families occurs once every three years. While the total cost of the event is still unclear, the Archdiocese of Philadelphia is tasked with raising the needed funds.

"Everybody knows that we're having struggles here in the Archdiocese of Philadelphia with our ordinary financial obligations, so I'm expecting to raise this money from outside sources as well as local gifts," Chaput said.

The diocese has been in talks with the Philadelphia Convention Center and other venues regarding possible locations for the festivities.

Mayor Michael Nutter called the family meeting the largest event the city has ever hosted.

"We are more than prepared to logistically handle something like this," he said.

Pope facts

- The last time a pope visited Philly was in the fall of 1979 when Pope John Paul II held an outdoor mass along the Benjamin Franklin Parkway. About 1 million people were estimated to have attended.
- World Meeting of Families was instituted in 1992. It was the brainchild of John Paul II. The event offers insight and teachings on family, marriage, children, divorce and religious life.
- The last World Meeting of Families, held in Milan in 2012, drew hundreds of thousands of people from all over the world.

Tommy Rowan
tommy.rowan@metro.us

Why Philly?

Since the Pope won't spill the beans, let's speculate.

- "We Are Family," made famous by Philly quartet Sister Sledge, would make for the perfect theme song.
- A diverse taste of home is available at the Italian Market.
- Citizens Bank Park has a wide selection of hats the soon-to-be former pope can choose from for a replacement. He'll need one for retirement.
- He's jonesin' for a soft pretzel.

Basilica head: Visit will kick off new era

Monsignor Arthur Rodgers, head of the Cathedral Basilica of Saints Peter and Paul, said he hopes his church would be included in the celebration.

"The Basilica really is the central liturgical spot for the Archdiocese, so certainly perhaps masses or prayer services or such would be held here," he said.

In regards to why Benedict chose the city, he's biased. "I think that if he was going to select a city, he made an excellent choice. Having been born and bred in Philadelphia, I must admit there's a prejudice there."

Rodgers said the celebration offers the next pope an opportunity to address the state of the Catholic Church.

"His visit will, in a sense, kick off a whole new era within the Catholic church."

And it starts in Philadelphia.

"That's it," he said.

Do you or someone you know have **bipolar disorder** *and* have **any of these symptoms?**

- Excessive excitement
- Sudden changes from being joyful to being irritable, angry, and hostile
- Restlessness, increased energy, and less need for sleep
- Easily distracted
- Racing thoughts
- Increased reckless behaviors

If so, please contact **CRILifetree** about clinical research studies for investigational medications for adults currently experiencing a bipolar manic episode.

Participants may receive

- Study-related care and study medication at no cost
- Compensation up to $50 per study visit for time & travel

For more information, call toll-free **1-877-466-4585**

CRILifetree

Innovative Solutions. Reliable Results.

LOCATIONS IN PHILADELPHIA & SOUTHERN NEW JERSEY

CRILifetree.com

Do you know someone age 70 to 85 with depression?

If so, please contact us about our research study of an investigational medication.

Qualified participants must:

- Be 70 to 85 years of age with depression
- Be currently using an antidepressant treatment
- Be available for an inpatient stay up to 45 days

Qualified participants receive:

- Study-related care and study medication at no cost
- Compensation up to $150 per day

For more information, call toll-free **1-877-654-7247**

News in brief

Murder suspect caught after two decades

One of America's most wanted criminals was finally brought to justice after 18 years on the run, according to The Morning Call of Allentown.

Francisco G. Miranda, 50, was brought to Northampton County Prison on Friday, officials announced yesterday. He allegedly killed a Bethlehem man after stabbing him in the heart in 1994.

Miranda was living with his mother in the Dominican Republic when he was caught in November. Miranda was brought back to the Lehigh Valley for the first time in almost two decades. METRO

18
Years spent on the run

Man charged in baby's death

- Told investigators he fell on top of 2-month-old daughter
- Said he was drinking and should not have been with her

Hatboro resident Edward Doyle, 28, has been charged with felony child welfare endangerment in connection with the death on Sunday of his 2-month-old daughter Makayla, officials with the Montgomery County District Attorney's Office announced yesterday.

Doyle allegedly told investigators he tripped and fell on top of her. He admitted during questioning that he "drank too much."

Upper Moreland Township officers found Makayla around 9:30 a.m. Sunday morning after Doyle called 911 from his apartment.

Investigators said Makayla was lying unresponsive on a bed with a swollen forehead and cuts and bruises on her nose. She died later at a nearby hospital.

FACEBOOK.COM

▶ Edward Doyle is shown here with his newborn daughter earlier this year in a photo on his Facebook page.

Doyle said he drank six beers out before returning home with friends to continue drinking.

Doyle told investigators he last checked on Makayla around 7:15 a.m. Doyle said he fell asleep on the living-room couch with Makayla seated in an infant swing beside him.

Doyle awoke Sunday to find the child still in the swing, he said, but "white as a ghost" and "limp," according to an affidavit. He was arrested after he allegedly gave inconsistent accounts of the night's events during questioning.

Doyle is jailed at Montgomery County Prison in lieu of $1 million bail and is next due in court for a preliminary hearing March 5.

Alex Wigglesworth
awigglesworth@metro.us

Conflicting accounts

Investigators said they were confronted with conflicting accounts of the hours leading up to the 2-month-old's death.

Doyle first told police his wife left the apartment with neighbor Paul Sid and he fell asleep on the living-room couch with Makayla beside him in the swing before his wife returned home.

When confronted with his alleged inconsistencies, Doyle told investigators that he and his wife were at Sidwell's apartment early Sunday morning until they got into an argument over taxes. He claimed he returned home alone and admitted to falling on his daughter.

Let the Weight Be Over!

My weight loss journey began a little more than 2 years ago, during an annual physical. My doctor told me that if I didn't do something about my weight – and fast – that I would likely end up with very serious medical conditions. My five foot frame was carrying 259 lbs.! I had been trying conventional diets for years. I would lose weight, but never the amount I needed to lose, and was never able to maintain the weight loss.

"2 years and 110 lbs. after surgery, and I am still on my journey!" – Lovie

I knew my doctor was right. So, after some research, I found the **Center for Surgical Weight Loss** at Hahnemann University Hospital. With the guidance of the surgeon, the dietitian, and the rest of the surgical weight loss team, I was motivated to get serious about losing weight. In fact, by following the dietitian's advice, I was able to lose 27 pounds even before surgery! I am grateful to the entire surgical weight loss team – they provided the education and support I needed to reclaim my life!*

This surgery is designed for those with a body mass index equal to or greater than 40 or equal to or greater than 35 with serious co-morbidities.

**Results may vary. This testimonial reflects results achieved by this patient. As each case must be independently evaluated and managed, actual weight loss will vary.*

To attend a FREE seminar call the **Center for Surgical Weight Loss** at Hahnemann University Hospital at **267-330-0760** or visit our website at **www.hahnemannbariatrics.com** to register on-line.

Hahnemann University HOSPITAL
CENTER FOR SURGICAL WEIGHT LOSS

Philadelphia Dental Cosmetics
1601 Walnut St, Suite 822
Phila., PA 19102 215-557-7979
www.PhiladelphiaDentalCosmetics.com

Minimum Visits
Maximum Results
In-office savings plan available

One Visit CAD/CAM Crowns
One Visit Root Canal Treatment
Guided Implant Placement
Porcelain Veneers
Invisalign
Snap On Smile...
...And Much More!

Most Major Insurances Accepted
Because We Care!

Jay J. Liu, DMD, FICOI
"Dr. Jay"
General Dentist

South Jersey Dental Care
212 W Rte 38. Bldg. 500
Moorestown, NJ 08057 856-206-9559
www.SouthJerseyDentalCare.com

3RD & MORRIS

save half COUPON cleaning was $50. now $25.

front tooth root canal was $350. now $300.

save half COUPON filling was $80. now $40.

molar root canal was $450. now $400

save half COUPON extraction was $150. now $75.

save 20% COUPON crown was $500. now $400.

save 20% COUPON denture was $500. now $400.

Moyamensing Dental

215-462-4047

Sit. Stay

▶ Casandra Lyon and Macciato enjoy the nice weather.

RIKARD LARMA/METRO

Park expansion looming

Casandra Lyon from Washington Square and her dog Macciato play at the dog park at the I-95 overpass between Chestnut and Walnut streets this week. Talks of a new Penn's Landing Park to connect Old City with the waterfront could include an expansion of the park. METRO

City close to unveiling Central District plan

The City Planning Commission last week adopted a strategic plan for the neighborhoods of Callowhill and Chinatown North. The plan heavily emphasizes the city's oft-announced intention to transform the abandoned Reading Viaduct into an elevated park and includes suggestions to make the historically industrial area more pedestrian friendly.

"The plan reaffirms the city's intention to construct a park on the viaduct structure," a release from Mayor Michael Nutter's office stated.

Land between Fifth Street and the Delaware River currently zoned for industrial use would change to allow more medium commercial and residential construction, while higher-density development would be permitted in areas along the burgeoning North Broad Street corridor.

Callowhill and Chinatown North fall under the Central District umbrella of the Commission's Philadelphia2035 zoning effort. The two neighborhoods were given special attention during the district planning process due to outdated zoning, industrial layouts and increased interest from developers.

"Philadelphia2035 is about charting a course for the city's future that builds on our current strengths," said City Planning Commission director Gary Jastrzab, citing significant growth in both population and development in and around Center City.

"The Central District Plan and Callowhill/Chinatown North Plan are tools to help decision-makers identify priorities and allocate limited resources strategically," he added.

A final draft of the Central District Plan will be unveiled at City Hall tomorrow night following a 5 p.m. open house.

The Central District Plan is expected to address neighborhood growth bordering Franklin Square, the possibility of a rapid underground bus service and how to fill in development gaps in the city's core, including blocks on east and west Market Street.

Alex Wigglesworth
awigglesworth@metro.us

Coming changes

Changes Callowhill and Chinatown North residents may soon see, if the plan is implemented, include:

- More parking along the Ridge Avenue commercial corridor and along the viaduct.
- Twice as many bike lanes.
- The reintroduction to the street grid of narrow east-west alley Noble Street in a bid to improve traffic circulation.

RIKARD LARMA/METRO

▶ This area could be turned into a park.

resolution do-over sale

Final week for extended New Year's rates.
Join today and keep your resolution.

PSC
philadelphia sports clubs®
MySportsClubs.com

RATE-LOCK GUARANTEE | Your monthly dues will never increase.

888.215.2655
StarCareerAcademy.com

STAR CAREER ACADEMY

Stand up and shine... claim a future that is rewarding when you pursue your career as a ***Surgical Technologist.***

Become a Star!

Scan here for more information on how you can get started!

2371 Welsh Road
Philadelphia, PA 19114

Philadelphia Campus - Branch of SCA-LI. Career Education. For more information about our graduation rates, the median debt of students who completed the program, and other important information, please visit our website at www.starcareeracademy.com/faq

EDUCATION TOWARDS EMPLOYMENT

News in brief

METRO FILE PHOTO

Study finds that Americans still drink too much

On any given day in the United States, 18 percent of men and 11 percent of women drink more alcohol than federal guidelines recommend, according to a study that also found that 8 percent of men and 3 percent of women are full-fledged "heavy drinkers."

That means the great majority of Americans stay within the advised limit of two drinks a day for men and one for women, according to the study that appeared in the Journal of the Academy of Nutrition and Dietetics. **REUTERS**

Obama's message to governors: Stop spending cuts

President Barack Obama urged state governors yesterday to pressure Congress to prevent $85 billion in across-the-board government spending cuts from going into effect on Friday, saying he is willing to reach a compromise with Republicans.

The president gave no indication that he would try to start negotiations or take steps to blunt the effect of cuts. He bemoaned what he described as a confrontational atmosphere in Washington, saying budget battles have provoked one near crisis after another since the summer of 2011.

"Some people in Congress reflexively oppose any idea I put forward," he said before a meeting with governors at the White House. **REUTERS**

Former Surgeon General C. Everett Koop dies at 96

C. Everett Koop, the U.S. surgeon general who set aside his religious beliefs to promote childhood sex education for AIDS prevention and issued the first government warning about second-hand tobacco smoke, has died. He was 96.

He died Sunday at his home in Hanover, N.H., according to Dartmouth College, where he was founder of the C. Everett Koop Institute at Dartmouth's Geisel School of Medicine. No cause of death was given.

Koop raised the profile of the previously obscure position of surgeon general to celebrity status. He used his role as chief U.S. health educator to campaign for the rights of infants with birth defects to receive medical treatment and for disabled people to have access to public facilities.

GETTY IMAGES

▶ An opponent of abortion, Koop enraged fellow members of the right-to-life movement by insisting that the issue was a moral one, not a public health matter.

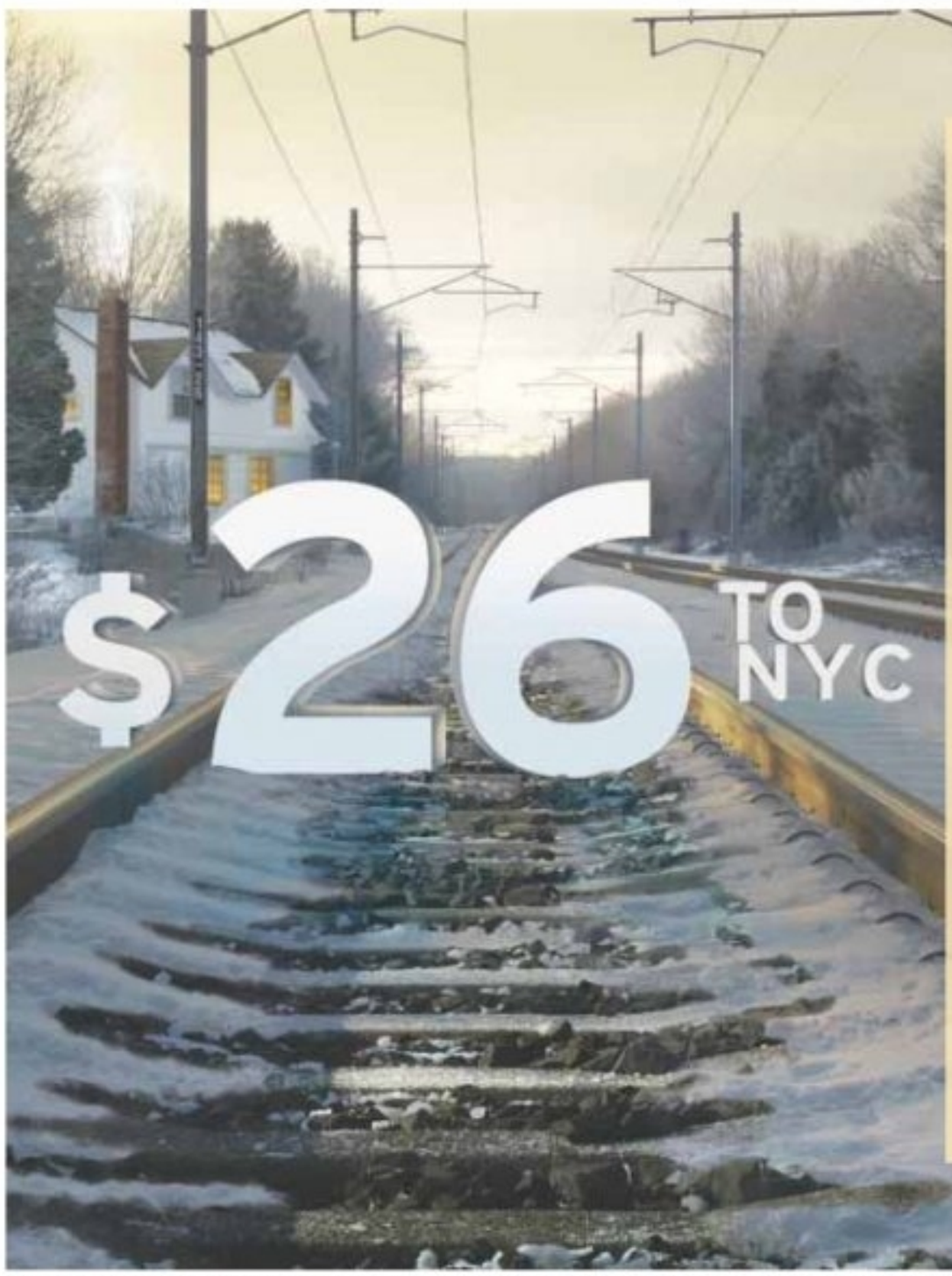
Targeting tobacco

Koop used his post as a bully pulpit to pummel the tobacco industry, which he accused of deceptive advertising. He devoted more time to the issue than any other in his eight years in office, according to the National Library of Medicine.

His landmark surgeon general's report in 1986 contained the first official government warning on the link between second-hand smoke and lung cancer.

An evangelical Christian who served under President Ronald Reagan, Koop angered conservatives by promoting condom use. He insisted that to stop AIDS he had to dispense health advice to all Americans, even if they engaged in practices, such as gay sex or drug use, that conflicted with his own moral views. He urged sex education "at the lowest grade possible" and mailed an eight-page AIDS brochure to 107 million households in 1988.

"I am the surgeon general of the heterosexuals and the homosexuals, of the young and the old, of the moral or the immoral, the married and the unmarried," Koop told the Washington Post. "I don't have the luxury of deciding which side I want to be on." **BLOOMBERG**



NORTHEAST REGIONAL℠

UNSEASONABLY HOT FARE.

ONLY ON NORTHEAST REGIONAL

FEBRUARY 26 → FEBRUARY 28 ONLY

It's not just the temperature that's low. Right now you can get $26 fares to New York City. This incredible deal won't last long – three days, in fact. So book your trip on Northeast Regional℠ February 26 - 28 for travel April 9 - May 2. As always, there are no added fees. Limited seating. Book now only at Amtrak.com.

AMTRAK.COM

AMTRAK Enjoy the journey.℠

This offer is exclusively available at www.amtrak.com. This offer is valid for sale between 2/26/13 – 2/28/13 and valid for travel between 4/9/13 – 5/2/13. This offer is valid for travel on the Northeast Regional trains between Philadelphia, PA to/from New York, NY only (also includes travel on the Keystone service between Philadelphia, PA and New York, NY). Seating is limited; seats may not be available on all trains at all times. Once purchased, tickets are nonrefundable; exchanges are permitted prior to the original travel date. The discounted one-way fares are valid for all adult passengers; no additional discounts apply. This offer is valid for Coach seats only; no Business Class upgrades permitted. This offer does not include travel to/from any intermediate cities. This offer is not combinable with any other discount offer. In addition to the discount restrictions, this offer is also subject to any restrictions, blackouts and refund rules that apply to the type of fare purchased. Fares, routes and schedules are subject to change without notice. Once travel has begun, no changes to the itinerary are permitted. Other restrictions may apply. Amtrak and Northeast Regional are service marks of the National Railroad Passenger Corporation.

Vets need not apply; IKEA gallops into woes

War is hell ... on job prospects

▶ Team projects are a little different in the civilian workforce.

AFP

Returning vets face job woes

Military veterans who have been deployed overseas for prolonged periods struggle to find work because of the traumas of war, as well as training that does not readily translate into the civilian world, according to research by the Federal Reserve Bank of Chicago.

High joblessness could not be explained by the business cycle and by demographic differences between new veterans and civilians, two Fed economists said in the paper.

"Individuals who return from wartime service may suffer from a variety of issues when returning home that can affect their employment prospects," senior economist R. Jason Faberman and senior associate economist Taft Foster wrote in the paper. Unemployment among post 9/11 military veterans stood at 11.7 percent in January, 3.8 percentage points above the rate for the civilian population. **REUTERS**

Rotten Onion

Onion CEO sorry for bad tweet

The Onion, a source for online and printed satire that routinely skewers celebrities, apologized yesterday for a what it called a crude and offensive tweet directed at 9-year-old Oscar nominee Quvenzhane Wallis. The Internet was abuzz with commentary after The Onion on Sunday night referred to the young Best Actress nominee using a four-letter term seen as perhaps the most offensive word in American English. Steve Hannah, The Onion's chief executive, found the tweet devoid of humor. **REUTERS**

GETTY IMAGES

The tweet wasn't about her "cute" puppy purse.

Cardinal virtues

UK cardinal quits in sex scandal

With just two days left before Pope Benedict XVI becomes the first pope in some six centuries to step down, he accepted yesterday the resignation of Britain's only cardinal elector, Archbishop Keith O'Brien, who was to have voted in the conclave for the next pope.

O'Brien, who retains the title of cardinal, has denied allegations that he behaved inappropriately with priests over a period of 30 years, but said he was quitting the job of archbishop of Edinburgh. **REUTERS**

A horse of course

IKEA meatballs contained horse

Sweden's IKEA halted sales of its trademark Swedish meatballs in 13 European countries after tests in the Czech Republic yesterday showed the product contained horsemeat. IKEA said it had stopped sales of all meatballs from a batch implicated in the Czech tests. The checks were carried out in response to a Europe-wide scandal that erupted last month when tests revealed some beef products contained horsemeat. This has triggered recalls of ready-made meals and damaged confidence in Europe's food industry. **REUTERS**

Spiced with equine

Quid pro quo

Iran offered sanction relief

Major powers will offer Iran some sanctions relief during talks in Almaty, Kazakhstan, this week if Tehran agrees to curb its nuclear program, a U.S. official said yesterday. But the Islamic Republic could face more economic pain if it fails to address international concerns about its atomic activities, the official said ahead of the meeting.

"There will be continued sanctions enforcement. ... There are other areas where pressure can be put," the official said. **REUTERS**

6 Countries trying to persuade Iran are United States, Russia, China, Germany, Britain and France

ATTENTION ADDERALL USERS

Did you fill a prescription for ADDERALL in Pennsylvania since 2007? If so, you may have been overcharged due to possible anti-trust and consumer protection violations of law.

The class action attorneys at Golomb & Honik, P.C. are investigating a possible consumer class to compensate victims of these violations

Contact us at 800-355-3300 for a free consultation to learn about your rights as a purchaser of Adderall.

Golomb & Honik, P. C.
Attorneys at Law
www.golombhonik.com

DENTURES

General, Cosmetic & Implant Dentistry
- Implant – Mini Implant
- Invisalign $4,200
- Porcelain Veneers $500
- Crowns Starts $595*
- In house teeth whitening – $250
- Walk-Ins & Emergency accepted
- In Office Dental Plan $99/year

Creating Beautiful Smiles

Denture Starts at $315*

This is a Flipper. Full Denture starts at $495

Present This Coupon for $50 OFF
(One Denture Per Patient)

CALL FOR FREE CONSULTATION:
Lansdowne 610-623-7610 • Darby 484-494-3300

www.appledenturecenter.com

Bill's DISCOUNT CARPET & FLOORING

SHOP US FIRST, SHOP US LAST, IT DOESN'T MATTER
WE WILL BEAT ANYBODY'S ESTIMATE
WE ALSO INSTALL & REFINISH HARDWOOD FLOORS!

3 ROOMS of CARPET
$398*
*Up to 40 Sq. Yds
10% Senior Citizens Discount

3 Rooms $498*	3 Rooms $598*	3 Rooms $698*
Plush or Sculptured Carpet	Super Plush Carpet	Heavyweight Plush Carpet
8lb. pad, installation	8lb. pad, installation	8lb. pad, installation

Free Shop at Home Save Up To 1/2 OFF Retail Store Pricing
Sale on Wood, Laminate and Vinyl Flooring
Next Day Installation Available - FREE ESTIMATES

Your Mobile Carpet Showroom
Locally Owned and Operated
Serving PA, NJ and DE
for Over 23 Years
Call Anytime

1.856.264.1079

Viagra®, Levitra®, or Cialis® not working?

Featuring:
Dr. Bruce Garber
A Board Certified Urologist
specializing in the treatment of E.D.

Also Featuring:
Patients who have permanently corrected their E.D.

Saturday, March 9, 2013
Presentation begins at 10 a.m.

Chestnut Hill Hospital Auditorium
8835 Germantown Ave.
Philadelphia, PA 19118

This is a FREE one hour seminar, but reservations are requested. Please call (215) 247-3082 between 8 a.m. and 4 p.m. to reserve your spot. Visit our website for more details.

www.garber-online.com

STRAIGHT Talk An educational series, sponsored by Coloplast Corp., designed to inform and empower.
www.straighttalk.net

STAR CAREER ACADEMY

888.215.2655
StarCareerAcademy.com

Stand up and shine...
for a fresh start with delicious results, train for a
Culinary Career!

- Professional Cooking
- Commercial Cooking
- Professional Baking

Become a Star!

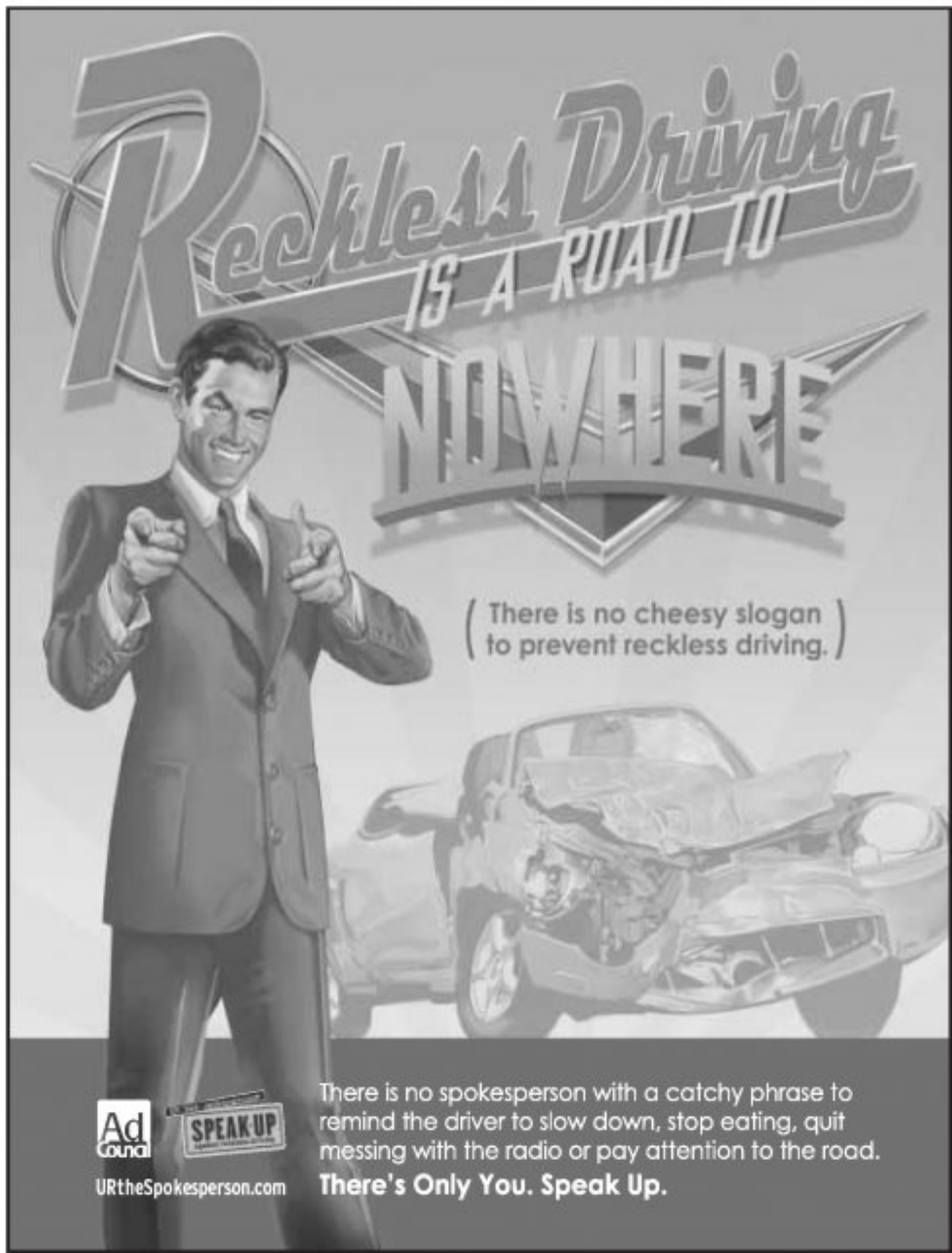
Scan here for more information on how you can get started!

2371 Welsh Road
Philadelphia, PA 19114

Philadelphia Campus – Branch of SCA - U. Career Education. For more information about our graduation rates, the median debt of students who completed the program, and other important information, please visit our website at www.starcareeracademy.com/faq

Educational Assurance
American Culinary Federation Education Foundation

EDUCATION TOWARDS EMPLOYMENT



Ad Council SPEAK UP
URtheSpokesperson.com

There is no spokesperson with a catchy phrase to remind the driver to slow down, stop eating, quit messing with the radio or pay attention to the road.
There's Only You. Speak Up.

Education notes

Donors are down

More alumni backed away from giving in fiscal year 2012, according to a report released this week by the Council for Aid to Education in New York. Alumni donation to colleges declined 1.3 percent, after rising 9.9 percent the previous year. The council says giving to higher education for construction is correlated with changes in the stock market. About 53 percent of U.S. schools raised as much or more in 2012 than in the year earlier, according to the report. **BLOOMBERG**

Online not for everybody

Sometimes, you have to hoof it to class — in person. A new study from the Community College Research Center at Columbia's Teacher's College examined nearly 500,000 courses taken by 40,000 students in Washington state and found that online courses don't keep students as engaged. The study, by Di Xu and Shanna Smith Jaggars, says that in particular, younger students as well as students with lower grade point averages struggle significantly more when they take their classes online and are less likely to finish. What does this mean? In particular, students who are already doing poorly in college should avoid online courses and go old school, dragging their backpacks to a classroom. **JULIA FURLAN**

Get psyched, colleges: High school grad rates going up

Goal of 90 percent national graduation rates by 2020 within reach • Minority students still struggling • Success means dedicating time to students' needs

For the first time in decades, the United States is making steady gains in the number of high school students earning diplomas, putting it on pace to reach a 90 percent graduation rate by 2020, according to a new analysis released Monday.

But the good news comes with a big asterisk: Students with learning disabilities and limited fluency in English face long odds to finish high school, with graduation rates for those groups as low as 25 percent in some states, the analysis found. Minority students also continue to fall well behind their white peers, with about one-third of African-American students and 29 percent of Hispanic students dropping out before graduation.

The "Building a Grad Nation" report was co-authored by Robert Balfanz, a leading scholar of dropout rates at Johns Hopkins University. It found strong improvements in graduation rates in a diverse sample of states, based on data from 2010 and 2011. The national graduation rate jumped from 71.7 percent in 2001 to 78.2 percent in 2010, with the pace of improvement accelerating in the past few years.

"For the first time in 40 years, we have seen significant, sustained improvement," says John Bridgeland, a co-author of the study and the chief executive of Civic Enterprises, a public policy group in Washington, D.C.

"Increasing the graduation rate has to be ... something you're driven to do every day," says Terry Grier, superintendent of public schools in Houston, Texas, where graduation rates jumped from 64.3 to 78.5 percent since 2007.

Still, the report's authors warn that momentum could stall. Educators nationwide have called for action on behalf of lagging students. **REUTERS**

DIGITAL VISION

▶ Pennsylvania had an 84 percent graduation rate, according to a report released this week.

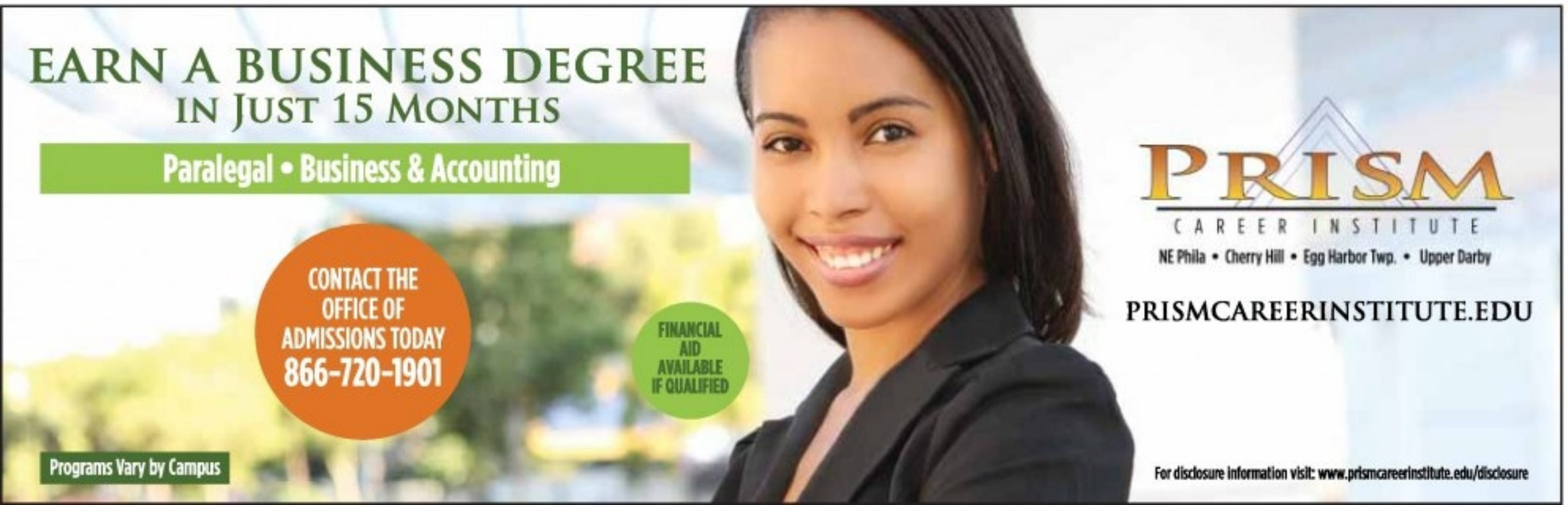
Quoted

"For the first time in 40 years, we have seen significant, sustained improvement."
BRIDGELAND

Keys to success

Those who have been successful in raising graduation rates credit a range of tactics:

- Launching new schools designed to train kids for booming career fields, so they can see a direct connection between math class and future earnings
- Offering flexible academic schedules and well-supervised online courses so students with jobs or babies can earn credits as their time permits
- Hiring counselors to review every student's transcript, identify missing credits and get as many as possible back on track
- Improving reading instruction and requiring kids who struggle with comprehension to give up some electives for intensive tutoring
- Sending emissaries door-to-door to hound chronic truants into returning to class


EARN A BUSINESS DEGREE
IN JUST 15 MONTHS
Paralegal • Business & Accounting
CONTACT THE OFFICE OF ADMISSIONS TODAY
866-720-1901
FINANCIAL AID AVAILABLE IF QUALIFIED
Programs Vary by Campus
PRISM
CAREER INSTITUTE
NE Phila • Cherry Hill • Egg Harbor Twp. • Upper Darby
PRISMCAREERINSTITUTE.EDU
For disclosure information visit: www.prismcareerinstitute.edu/disclosure

Technology is on the map at La Salle

PHOTOS: LA SALLE UNIVERSITY

▶ Students work at La Salle University's Holroyd Hall, the science and technology building.

It's not that professor Raymond Kirsch doesn't believe in lecturing. He just tries to keep it out of the classroom as much as possible.

In Kirsch's software design class, students listen to recordings of his lectures for homework. Classroom time is for hands-on problem-solving, where undergrads put three years of theory to the test. The goal is to develop a useful smartphone app that works — a tough challenge for anyone.

In the three years since the class was implemented, almost every student has gone through periods of teeth-grinding frustration. For Kirsch, that's part of the point of the class.

"I reiterate principles, but never tell them how to fix anything. If you have a great idea for an app, that's great. But now you have to make it work." KIRSCH

"I think you need to encounter frustration to be a software engineer. It's not just that you get a question wrong on a test, it's that what you're trying to make doesn't work. That tests you in a deeper way," says Kirsch, from the Philadelphia campus where he works. "I reiterate principles, but never tell them how to fix anything. If you have a great idea for an app, that's great. But now you have to make it work."

The Senior Project Class runs over two semesters, with students working in small teams for nine months. Among the projects that function in the real world is an app that integrates GPS and La Salle's campus shuttle. The device determines how far the shuttle is from any given stop and predicts the time of arrival. Other efforts have included personal fitness trackers, assignment coordinators and a role-playing game built with Microsoft XNA software.

▶ Keyona Polk headed up the student team that developed a smartphone app that tracked campus shuttle buses.

"It's not about, 'Well, here's a piece of software that's just wonderful.' I'm more interested in people wrestling with problems, failing to do stuff and recovering from it," explains Kirsch. "That's the real world: You're frustrated, you might be embarrassed — put that into a problem-solving process."

Bruce Walsh
bruce.walsh@metro.us

EAST STROUDSBURG UNIVERSITY OF PENNSYLVANIA

ESU EAST STROUDSBURG UNIVERSITY

EXTENDED LEARNING | Lehigh Valley Philadelphia East Stroudsburg

Accelerated Degree Completion

Complete your Bachelor's Degree in Public Health with ESU in Philadelphia!

Apply now for classes starting March, May and August 2013.

INFORMATION SESSIONS
February 19, 26 & March 5 • 6 pm – 8 pm
For directions and details: esu.edu/philadelphia

Concentrations available in:
Health Services Administration • Community Health Education

Accelerated. Accessible. Affordable.
Two-year, evening and weekend program at 701 Market Street

Contact our Admissions Coordinator today:
Millie Román • 610-419-2516 • mroman@esu.edu

PENN STATE | ONLINE

Earn your Penn State degree online

- Choose from more than 80 online degree and certificate programs in business, education, health, and more.
- Study where and when it's convenient for you, through the flexibility of online education.
- Earn a credential that is valued in the workforce and highly regarded by employers.

PENNSTATE World Campus

www.worldcampus.psu.edu/metro12

U.Ed.OUT 13-0328/13-WC-0300edc/sss

myentertainment

THE WORD

Dorothy Robinson's take on the world of gossip @dorothyatmetro dorothy.robinson@metro.us

It's Janet, Mrs. Al Mana, if you're nasty

If you've been wondering where **Janet Jackson** has been (besides being caught up in her crazy family drama), it turns out she's been off getting married. The 46-year-old singer secretely wed Qatari billionaire **Wissam Al Mana**, 37, last year. In a statement to "Entertainment Tonight," the couple tried to set the record straight about rumors they were planning an over-the-top wedding in the near future. "The rumors regarding an extravagant wedding are simply not true. Last year we were married in a quiet, private and beautiful ceremony," the couple wrote, thus blowing everyone's minds. "We would appreciate that our privacy is respected and that we are allowed this time for celebration and joy."

There's something about the phrase "Qatari billionaire" that has such a nice ring to it, right?

▶ Well, hello there, Mr. Jackson. The happily married couple stepped out in Milan yesterday.

Whoa! Would you look at Britney Spears?

So, it looks like losing her job on "The X Factor" and her fiance in a matter of months is doing wonders for **Britney Spears**. Who would have thunk it?

The singer stepped out looking **Jessica Chastain**-fabulous at **Elton John**'s 21st annual AIDS Foundation Academy Awards Viewing Party on Sunday night. She donned a Michael Cinco Couture gown paired with Saint Laurent shoes for the occasion. But it was her hair that looked especially divine — check out how good that chestnut-brown color looks on the 31-year-old. She hasn't looked this good in, well, forever. Whoever is this girl's new stylist should get a bazillion-dollar raise. Keep it up, Brit Brit!

The feed ...

▶ Checking in with some of Hollywood's biggest names to see what they've been up to — in their own words, in 140 characters or fewer.

@JimCarrey: Elton's party was fun. My big feet and little angel wings were an expression of my somewhat awkward spiritual journey.

@ElizabethHurley: Exciting shopping today in a dusty warehouse in Chennai; now trying to persuade @warne888 that we HAVE to ship it all home..... Massive old carved doors, huge lumps of marble fretwork, divine antique swings....I know they'll come in useful one day.....

@iamwandasykes: If I every fall on national tv, I'm not getting up.

West doesn't dig 'Suit & Tie'

Jay-Z announced last week that he's embarking on a tour with **Justin Timberlake** to mark "Suit & Tie," Timberlake's first new album in five years, but not everyone is happy about the news. **Kanye West**, who toured with Jay-Z last year following the release of their "Watch the Throne" album, sounded off about the new collaboration onstage in London this weekend. "I got love for [Jay-Z], but I ain't f—ing with that 'Suit & Tie,'" West told the crowd, according to Billboard magazine, before launching into an extended rap about selling out.

There is no greater irony than Kanye West rapping about selling out.

ALL PHOTOS: GETTY IMAGES

Talking points

Kunis is movin' on up

Mila Kunis has reportedly been shacking up with boyfriend **Ashton Kutcher** at his Hollywood Hills home while hers is being renovated, but she may make the living situation permanent, according to Us Weekly. "Ashton's male roommate is moving out to make room for her," a source says. "They really are perfect for each other. They were friends first, and then it switched to love. That's a great foundation for a relationship."

Applegate weds longtime fiance

Christina Applegate had more important things to celebrate this weekend than the Oscars. The actress, who recently bowed out of the sitcom "Up All Night," married longtime fiance **Martyn LeNoble** Saturday "surrounded by family in a private ceremony at their home in Los Angeles," according to People magazine. The couple has a 2-year-old daughter, **Sadie Grace LeNoble**, and has been engaged since Valentine's Day 2010.

Wallis to tackle 'Annie'

She may not have won an Oscar this week, but 9-year-old "Beasts of the Southern Wild" star **Quvenzhane Wallis** has plenty to look forward to career-wise. It was announced just before the Academy Awards that Wallis will be starring in a new film adaptation of the musical "Annie," stepping in for **Willow Smith**. "Quvenzhane Wallis is a true star and we believe her portrayal as Annie will make her a true worldwide star," Columbia Pictures president of production Hannah Minghella says. "She is an extraordinary young talent with an amazing range."

COTTMAN GOLD & DIAMOND
TOP CASH PRICES EVERY DAY FOR YOUR GOLD AND SILVER
2444 Cottman Ave., Philadelphia (Across from Roosevelt Mall Next to Artifax) – 215-335-2300
$10 EXTRA BONUS ON $100 PURCHASE OR MORE WITH AD

Your ticket to the hottest party in town

The annual Vanity Fair Oscar party provided yet another occasion for Hollywood to fawn all over itself. Here are some highlights from Sunday night's West Hollywood bash:

1: How many cocktails do you think **Joseph Gordon-Levitt**, **Chris Dodd** and **Harvey Weinstein** had before this photo was taken?

2: Best Director **Ang Lee** posed with his "Life of Pi" star **Suraj Sharma**.

3: Looks like **Anne Hathaway**'s hubby **Adam Shulman** has the whole "I'll stand in the background while my superstar wife takes center stage" routine down pat.

4: Please take note that a sitting **Catherine Zeta-Jones** is about as tall as a standing **Ashley Olsen**.

6: Elizabeth Banks gave a smooch to her husb — wait, no, sorry, that appears to **Jesse Tyler Ferguson** on the receiving end.

1, 2: JEFF VESPA/VF13/WIREIMAGE
3: WIREIMAGE
4, 5, 6: KEVIK MAZUR/VF13/WIREIMAGE

We're pretty sure Francois-Henri Pinault is the luckiest man alive: He's a billionaire and he gets to wake up Salma Hayek every day.

THE CREDIT PROFESSIONALS AT
FAIRLESS MOTORS
WE BUY CARS. TOP $$$ FOR YOUR VEHICLE
¡ Se Habla Espanol! $0 DOWN!
Don't Be Fooled By Cheap Imitators, "WE HAVE BEEN IN BUSINESS FOR 20 YEARS" 435 LINCOLN HWY, FAIRLESS HILLS, PA
We Buy Clean, Used Cars
PAYMENTS AS LOW AS $99.00 PER MONTH !
Bring in This Ad & Receive $250 OFF Your Purchase!
GOOD CREDIT • BAD CREDIT • NO CREDIT • CHARGE-OFF'S • REPOS • DIVORCE • BANKRUPTCIES
ALL VEHICLES FAIRLESS MOTORS CERTIFIED
For Live Help Call 1-888-251-4312
Special incentives for SEPTA, hospital and postal workers! Used Car Leasing Now Available.
24 HOUR HOTLINE: 1-800-205-0068 www.FairlessMotors.com

2003 Lexus GS 430
Power Windows, Power Steering, Power Locks, Moon Roof, Leather, Privacy Glass, Heated Seats, Navigation, Keyless Entry, Alloy Wheels, A/C, Automatic Transmission, Parking Sensors, Cruise Control
$12,900

2007 Buick Lacrosse CXS
Power Windows, Power Steering, CD, Moon Roof, Leather, Heated Seats, Keyless Entry, Alloy Wheels, A/C, Automatic Transmission, Cruise Control
$12,900

2008 Nissan Altima 2.5 S
ABS, CD, Cruise Control, Keyless Go, A/C, Tire Sensors, All Power, Halogen Headlamps, Map Light
$12,900

2011 Acura TL
Tech PKG, Bluetooth, Heated Seats, Moon Roof, Keyless Go, All Power, Dual Mufflers, Premium Surround Sound, Memory Seats
$28,900

2012 Dodge Charger SE
Power Windows, Power Steering, Power Locks, CD, Keyless Entry, Alloy Wheels, A/C, Automatic Transmission, Cruise Control
$21,900

2007 Mercedes-Benz C280 4Matic
Power Windows, Power Steering, Power Locks, CD, Moon Roof, Leather, Heated Seats, Keyless Entry, Bluetooth, Alloy Wheels, A/C, Automatic Transmission, AWD, Cruise Control
$17,900

2010 Chevy Equinox LT
Power Seats, Power Mirrors, ON STAR, Alloy Wheels, Privacy Glass, Roof Rack, Traction Control, ABS, A/C, CD/MP3, Cruise Control, All Power
$17,900

2007 Nissan Titan SE King Cab
Power Windows, Power Steering, Power Locks, CD, Privacy Glass, Keyless Entry, Alloy Wheels, A/C, Automatic Transmission, Cruise Control
$15,900

2008 Cadillac SRX-4 Luxury
Power Windows, Power Steering, Power Locks, CD, Panoramic Roof, Leather, Roof Rack, Privacy Glass, Heated Seats, Keyless Entry, Alloy Wheels, A/C, Automatic Transmission, Rear Air, Parking Sensors, Cruise Control, AWD
$14,900

2005 Volvo XC90
Power Windows, Power Steering, Power Locks, CD, Moon Roof, Leather, Roof Rack, Privacy Glass, Heated Seats, 3rd Row Seating, Keyless Entry, Alloy Wheels, A/C, Automatic Transmission, Rear Air, Parking Sensors, Cruise Control, AWD
$12,900

mybooks

No profits, just laughs

Comedian Eli Yudin's book version of @NotTildaSwinton is a labor of online love The collection represents a new trend

Launched to viral acclaim during last May's lunar eclipse, Twitter parody account @NotTildaSwinton has been reincarnated into a book. Self-published by comedian Eli Yudin and co-writer Carey O'Donnell, the complete collection of 187 bizarre imagined musings of actress and noted eccentric Tilda Swinton is available online at no profit. In an industry veering toward bite-sized content, Twitter's 140 character limit could be the logical endpoint of increasingly serialized work.

After spending six hours laying out the book on InDesign, Yudin set up shop on Lulu Marketplace. At $11.06, the book was priced to break even. "We didn't want to seem like we were selling out," Yudin said. Not to mention the avoidance of potentially thorny issues with Swinton herself.

"Not Tilda Swinton" is one of thousands of self-published books for sale on Lulu Marketplace, which allows any author to sell their work. Brian Matthews, an executive vice president at Lulu's, argues that self-publishing has democratized publishing. "If an author wants to publish a book, we'll help them publish it as long as we don't have concerns related to the material," Matthews said.

In recent years, readers have leaned toward buying shorter spurts of content in self-publishing. "Instead of monolithic books, we're seeing authors release content more frequently in smaller, consumable amounts," Matthews said.

Natalie Shure
Natalie.Shure@metro.us

Where is the quality control?

Readers can rely on Lulu's algorithms and reviews to help them pick their next read. Even so, it can be hard to determine quality. "The real issue is that in traditional publishing, you have an agent, editor and sales rep acting as a filter," said Cathy Langer, longtime buyer at Denver's independent bookstore, Tattered Cover. "Self-publishing eliminates these filters. It can be hard to tell what's going to be good."

Musings

Twitter excerpts:

- A mission for you. Go outside, hold an animal to your breast. That is real warmth, not the glow of your screen. I typed this on a rabbit.
- DO NOT EAT MEAT! Do not eat vegetables, either. Do not eat anything. Suck on a rock for millennia and think of what you've done.
- Of course I have received splinters. I do not remove them. Small branches emerge from me and bear fruit in the shape of my face.
- What a curse! No animal has limbs of length to embrace the proud elephant. An unhuggable behemoth plods forth.

GETTY IMAGES

▶ The musings of the mysterious Tilda Swinton are imagined by the fake Twitter account @NotTildaSwinton, now available in book form.

French International School of Philadelphia

EDUCATION WITH A WORLD VIEW

Bilingual program from Preschool to Grade 8

- Diverse school community and global focus
- Developmental preschool
- Before and after school care and extra-curricular activities
- US and French accreditations
- New students with no prior knowledge of French are admitted at the age of 3, 4 or 5.

Open House: March 5th at 8:45 am

Please call (610) 667-1284 to reserve a space
150 North Highland Avenue, Bala Cynwyd, PA 19004
info@efiponline.com - www.efiponline.com

Become a Practical Nurse

Full-time 12 month & Part-time 18 month program
CALL PITC AT
215-576-5650
Apply at www.pitc.edu

Financial Aid and Military benefits available for those who qualify.
For required program disclosure information, please go to http://pitc.edu/ci.htm

PITC START YOUR NURSING CAREER NOW
140 South Easton Road, Glenside, PA 19038
ASK ABOUT OUR FREE T.E.A.S. PREP SESSIONS
Classes Start: Full Time (12 months) March 11, 2013
Part Time (18 months) March 25, 2013

Egg Donors Needed

Looking for healthy young women

Make someone's dream come true.
Become an egg donor.

- College students/ Graduates
- Healthy non-smoking
- Ages 21-28

Main Line Fertility & Reproductive Medicine, Ltd.

Please contact our egg donor hotline
484-337-8958
or
tjamison@mainlinefertility.com

$7,000 - Donate your Eggs
Donors are seen at the Bryn Mawr office located 12 miles from Center City.

Within walking distance of Bryn Mawr SEPTA station or Norristown High Speedline

DOORS UNLIMITED®

AS SEEN ON TV

DOORS UNLIMITED

Buy Factory Direct and $ave!

Over **300** Styles to Choose From!

WINTER FIX-UP SALE UP TO 30% OFF ALL WINDOWS & DOORS

- STEEL ENTRY DOORS
- STEEL SECURITY STORM DOORS
- ALUMINUM STORM DOORS
- WOOD DOORS
- GARAGE DOORS
- VINYL WINDOWS • GLASS BLOCK
- AWNINGS
- EXPERT INSTALLATION
- PRIOR SALES EXCLUDED

1971-2013 42 YEARS OF EXCELLENCE DOORS UNLIMITED

BBB MEMBER EASTERN PENNSYLVANIA A+ Rating

FACTORY DIRECT SHOWROOM OPEN MON-SAT

FREE SHOP-AT-HOME *"We Come To You!"*

215-455-2100

318 W. Hunting Park Ave. 1-800-523-0840

Philadelphia, PA 19140 www.doors1.com

SHOP US FIRST, SHOP US LAST WE WILL BEAT ANY PRICE!

ARAMINGO CARPET WAREHOUSE

MENTION AD FOR ADDITIONAL DISCOUNTS

COME IN! VISIT OUR WAREHOUSE

FREE SHOP AT HOME SERVICE

WALL TO WALL CARPET

From a Room to A Whole House

We Install What We Sell No Sub-Contractors

Over 250 Remnants All Must Go!

Layaway Available

NEXT DAY INSTALLATION GUARANTEED

Open: Mon., Wed., Fri., 9-8PM
Tues., Thurs., Sat., 9-5 PM
Sun. 11-5PM

4591 Aramingo Ave.
Philadelphia, PA

215-537-9666

Directions: Take I-95 S. to Betsy Ross-Aramingo Ave. Exit, Turn left on Aramingo Ave., (end of ramp) We are about 2 blocks away on the right

---

Your Tax Store

Where Money Grows on Trees

5601 N. Broad Street
(Broad & Olney)

Call 215-888-2332
www.yourtaxstores.com

Get your taxes done for $35

- Free Consultation
- IRS Problems
- Prior Year Returns
- City & State Filings
- Corporate Structures
- Accounting Service

*Discount Applies to 1040 Forms. Excludes Schedules C, D, E and Business Returns
*Valid Thru February 28th

Do You Currently Receive Home Care?

Do you need help navigating recent changes in services?

Home Care Associates is here to help you.

We will train and employ your current attendant.

For details contact Donna Jenkins
267-238-3231
donna.jenkins@hcapa.com

HCA offers:

- A Consumer Service Rep to help you navigate your requested services.
- Flexibility in scheduling
- Benefits for your Attendant
- Reliable back up Attendants

HomeCare Associates
A Worker-Owned Company

www.hcapa.com

OLD UGLY MAN WINDOWS

9-5 WINDOW - Coupon Special

BUY	PAY (installed)
9	$2,655
8	$2,360
7	$2,065
6	$1,770
5	$1,475

CUSTOM, INSULATED, TILT-IN VINYL REPLACEMENT WINDOWS

INCLUDES LO E GLASS AND ARGON GAS

Look what else is INCLUDED!
DOUBLE PANE GLASS • INSTALLATION
EXTERIOR CAPPING INCLUDED• HALF-SCREEN
LIFETIME WARRANTY

BBB

NOW AVAILABLE CUSTOM RADIATOR COVERS
215-604-1717 or 856-866-2190

(But, remember, he wasn't always an old ugly man - once, he was just ugly)

DON'T LET THE BED BUGS BITE!

TRIUMPH PEST CONTROL

(DO IT YOURSELF PRODUCTS)

The adult bed bug grows to about .33 in length, and lives between four and 12 months.

2254 Snyder Ave
(23rd & Snyder Ave)

215.389.4067

MON-FRI 9-5 • SAT 9-3

Complete Line of Bed Bug Products

DONATE YOUR CAR

Wheels For Wishes

Benefiting

MAKE-A-WISH.

Philadephia and Susquehanna Valley

- Free Vehicle/Boat Pickup ANYWHERE
- We Accept All Vehicles Running or Not
- Fully Tax Deductible

WheelsForWishes.org
Call: (267) 908-7552

Designer Tub & Tile

Call Now For A FREE Estimate

610-321-0260

www.TubReglazers.com

Now $295

REGLAZE TUB

Regularly $325

With This coupon • Expires 4/15/13

Medical Assistant | Pharmacy Technician | Respiratory Care | HVAC/R Technician

THE CHOICE COULD BE YOURS!

Call Now! **800.983.8644**

www.go.studentsfirstnow.com

KAPLAN CAREER INSTITUTE

(Delaware County) 1991 Sproul Road, Suite 42 • Broomall, PA 19008
177 Franklin Mills Blvd. • Philadelphia, PA 19154
3010 Market Street • Philadelphia, PA 19104

For more information on our programs and their outcomes visit www.go.studentsfirstnow.com. Kaplan Career Institute does not guarantee employment or career advancement.

Career Education

Jessica Hart
God's Messenger
Helps all problems.
Removes bad luck, evil.
Reunites lovers to stay forever!
Never fails. Results in hours.
She will make your dreams come true! 110% Guaranteed.
Call:
1-310-592-3964

myparenting

Eating to conceive — and beyond

- Nutrition can contribute to a successful, healthy pregnancy
- Dr. Victoria Maizes guides women through eating for two

Proper nutrition while pregnant or trying to conceive can be a major determining factor in the overall health of a child. In her new book "Be Fruitful: The Essential Guide to Maximizing Fertility and Giving Birth to a Healthy Child," Dr. Victoria Maizes guides women through the challenges of eating for two.

STOCKBYTE

▶ You want to eat whole-fat dairy when pregnant.

What are some of the biggest myths surrounding nutrition and pregnancy that you'd like to debunk?
One is that they should not eat fish, which can be detrimental to the development of a fetus because of high levels of mercury. Women should eat 12 ounces a day of lower mercury fish. Quite a few studies show that fish are the best source of omega 3s in the diet.

How should women alter their diets if they are trying to conceive?
We recommend lots of fruits and vegetables, omega 3 fatty acids and whole-fat dairy, including ice cream. Women should also be taking a daily multivitamin that has folic acid, iron and iodine when they want to conceive. It will help them conceive more easily and reduce their risk of miscarriage.

An apple a day? Not so

Ninety-eight percent of apples are contaminated with pesticides, even after washing. If you're going to eat them while pregnant, you need to eat organic. Same goes for celery, peaches and strawberries.

Q&A

What are the biggest no-no foods?

A lot of processed foods have partially hydrogenated oils, which are a source of trans fats in the diet. Trans fats also increase infertility. We also like people to limit caffeine to no more than 300 milligrams a day. When you drink a significant amount, it can increase your risk of miscarriage. No artificial sweeteners; they can cross the placenta. Raw fish can carry certain microbes that can be dangerous. Unpasteurized cheeses can also carry harmful bacteria.

Natalie Shure
natalie.shure@metro.us

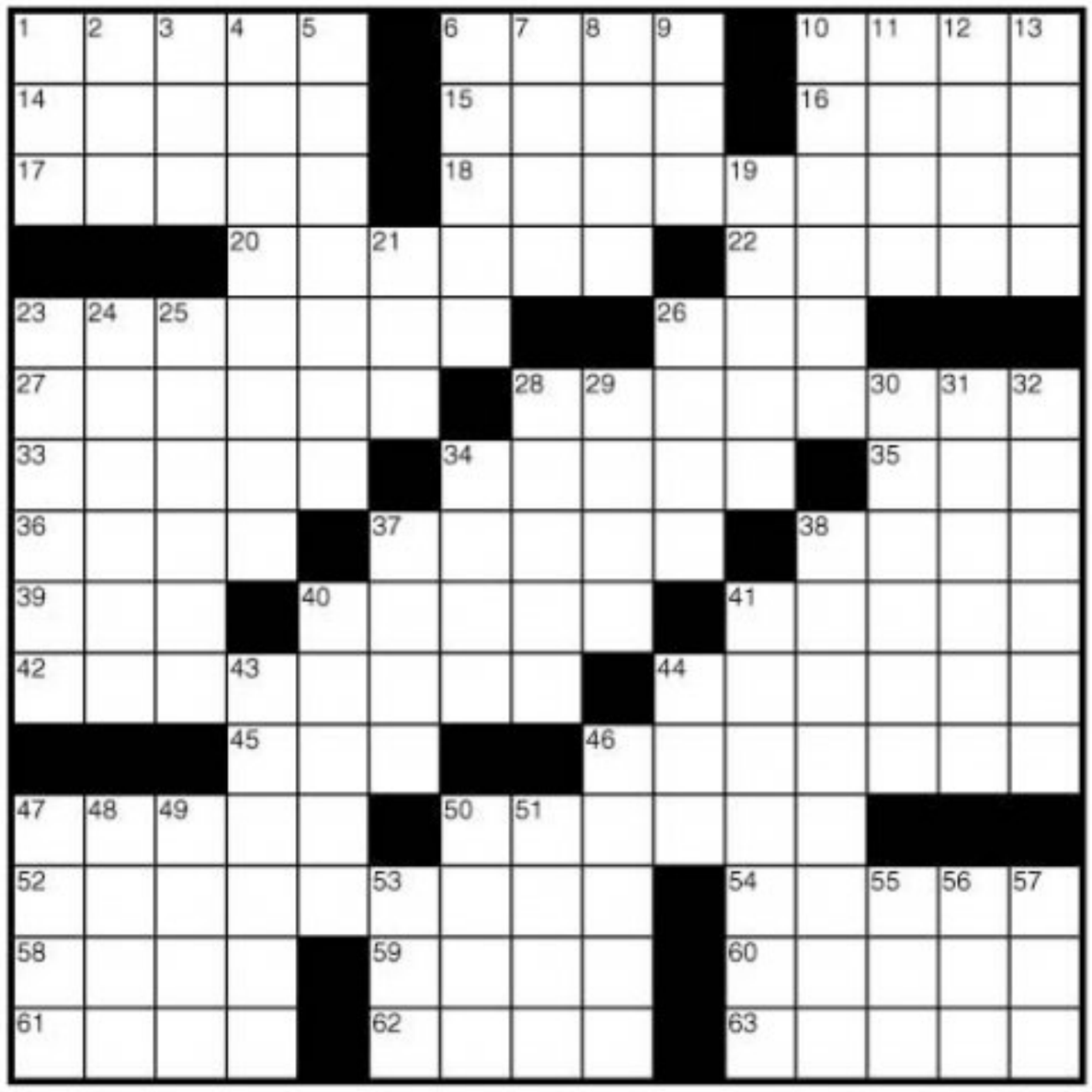
career education
Get the skills to help you
SUCCEED!
Calling Kaplan Career Institute is your first step towards training to become an HVAC/R Technician
Discover your future - CALL NOW!
800.983.2540
www.go.kcibroomall.com
Offering Programs in Trades and Allied Health.
KAPLAN CAREER INSTITUTE
Broomall Campus (Delaware County)
1991 Sproul Road, Suite 42 • Broomall, PA 19008
For more information on our programs and their outcomes visit www.go.kcibroomall.com. Kaplan Career Institute does not guarantee employment or career advancement.

Brothers
Fine Furniture LLC
Everything On Sale
SAVE NOW
We Will Fill Your Home For Less
Sets Starting at $119
Serta
Unbelievable Mattress Blow-Out!
Only $499
Bedroom Set Includes: Wood Dresser, Mirror, Head/Foot/Rails & 1 FREE Nightstand
Only $599
Bed Room Set includes: Dresser, Mirror & Poster Bed
Only $549
Metro Bonded Leather Sectional with Ottoman
Only $199
Corian Pub Set
Only $299
SUPER BLOW-OUT
All wood Twin Bunk Bed Available in Honey or Espresso with 2 High Quality, High Density Form Mattresses
MENTION FOR EXTRA DISCOUNT
Clearance Super Center
5925 Woodland Ave. • Philadelphia, Pa 19143
215-729-5491 • Mon-Sat 10.30-6.00
Please scan for website
BrothersFineFurniture.com

UGLY FEET?
• Corrective Foot Surgery
• Treatment of Foot Fungus
• Diabetic Shoes
Lawrence Kassan, D.P.M., LLC
Call: (215) 333-TOES (8637) • www.philadelphiafeet.com
South Phila. 2101 Snyder Ave. | N.E. Phila. 3458 Cottman Ave.

career education
Do you want a career in healthcare?
Start NOW by training to become a
Medical Assistant!
Call Now!
800.983.9801
www.go.studentsfirstnow.com
KAPLAN CAREER INSTITUTE
Delaware County - 1991 Sproul Road, Suite 42 • Broomall, PA 19008
177 Franklin Mills Blvd. • Philadelphia, PA 19154
3010 Market Street • Philadelphia, PA 19104
For more information on our programs and their outcomes visit www.go.studentsfirstnow.com. Kaplan Career Institute does not guarantee employment or career advancement. Programs vary by campus.

Across
1 Like cirrus clouds
6 Memoir topic
10 Blow it
14 Jetsons' dog
15 Quechua speaker
16 Jason's vessel
17 Competed in a rodeo
18 Wise guy (hyph.)
20 Vanquish
22 Meted out
23 Veldt antelopes
26 Debussy subject
27 Honked
28 Discussed again
33 Goose genus
34 Flies alone
35 Take unfair advantage of
36 Bonny miss
37 Referees' calls
38 Droop-nosed flyers of yore
39 "ER" setting
40 Gaucho's lasso
41 Shop machine
42 Buddy
44 Real-estate party
45 El Dorado loot
46 Modify
47 "The Velvet Fog"
50 Perfect place
52 Fake diamonds?
54 Urged on
58 Evergreen
59 Oodles (2 wds.)
60 "Groovy!"
61 Plant anchor
62 Back talk
63 In a — (quickly)



Down
1 Tolstoy title word
2 Prefix meaning "equal"
3 Indy 500 sponsor
4 Occurs earlier
5 Mountaineer, maybe
6 Walleyed fishes
7 She taught in Siam
8 Highlander
9 Shooting marble
10 Croc's cousins
11 Aloud
12 Gawk at
13 Quit, in poker
19 Game plans
21 Current rage
23 Slanted type
24 Albert II's realm
25 Play — (feign sleep)
26 Electrical units
28 Mail carrier's beat
29 She, in Seville
30 Work fast
31 Swimmer — Williams
32 Arid region
34 Prices may do it
37 Rover's pal
38 Flotsam collector
40 More scarce
41 Easygoing
43 Saddle horn
44 Wet thoroughly
46 Is priced at
47 Recipe qtys.
48 John Glenn's state
49 Rajah's consort
50 Stanford rival
51 Ring stats
53 W. Hemisphere pact
55 Moo goo — pan
56 And so forth
57 Mother rabbit

Horoscope

♓ Pisces **Feb. 20-March 20.** You're likely to function far more effectively when you can operate independently. Sadly, you could be more of a hindrance in situations where teamwork is required.

♈ Aries **March 21-April 19.** Usually, you don't blab things that should be kept to yourself, but today you might not be able to help telling on someone whom you really dislike. Try not to take the low road.

♉ Taurus **April 20-May 20.** There are days when socializing can be a negative experience, and it could be one of those times. If you find this happening to you, make a quick exit.

♊ Gemini **May 21-June 20.** Your peers could find your motives suspicious; if you think this to be true, make certain everything you do is above reproach. If you try anything funny, you'll be caught.

♋ Cancer **June 21-July 22.** Even if you feel like sounding off to someone who really deserves it, it would be best that you don't. Hold your tongue and count to 10, if that's what it takes to subdue your anger.

♌ Leo **July 23-Aug. 22.** If you find yourself involved in a financial transaction that requires a lot of paperwork, don't get lazy and take things for granted. Read the fine print, down to the very last comma.

♍ Virgo **Aug. 23-Sept. 22.** Friends will tolerate a bit of restlessness on your part, but not to the point of changing group plans. Be thoughtful about your behavior.

♎ Libra **Sept. 23-Oct. 23.** When conversing with others, speak well of friends who aren't present or say nothing at all. Any comments you make will be repeated and even distorted to those being spoken about.

♏ Scorpio **Oct. 24-Nov. 22.** To expedite certain tasks or assignments, you might be tempted to take a few shortcuts. Unfortunately, this might only cause more work for you.

♐ Sagittarius **Nov. 23-Dec. 21.** It'll reflect poorly on your image if you try to take credit for something that you had only a small part in producing. Don't let your ego put you in an embarrassing position.

♑ Capricorn **Dec. 22-Jan. 19.** Don't overreact if another's point of view is diametrically opposed to yours. Remember, everyone is entitled to express his or her opinion. Show them some respect.

♒ Aquarius **Jan. 20-Feb. 19.** When left to your own devices, you're pretty good at figuring things out. Complications could enter the picture, however, with comments by an unsolicited adviser.

BERNICE BEDE OSOL

Solution to yesterday's crossword

Letters

The US military's got a big stockpile ... of money

RE: "GOVERNORS SAY SPENDING CUTS WILL PUSH US BACK TO RECESSION" (METRO, FEB. 25) As a veteran, I have personally seen numerous areas in the military where spending cuts would not lead to decreased military readiness or safety for soldiers or the American people. The sheer amount of money spent on wasteful things and civilian employees hired to do jobs that soldiers could do (who are already being paid) would astound anyone who took an in-depth look. Massive does not even begin to describe the defense department's budget. If they cut wasteful spending, like on cold weather gear for an Iraq deployment, and eliminated civilians getting paid six figures to do a job that a soldier could do, the Pentagon could easily cut millions of dollars from its bloated budget.

ANNIE FERRIS, VIA E-MAIL

Two out of three people agree: Kids are better than pets

RE: "THE FAMILY PET IS AS VALUABLE AS YOUR KID" (METRO, FEB. 22-24) I am not an animal rights activist, but to each their own. If someone values the lives of animals as much as human lives, so be it, but they should be spayed and neutered (the people that is). A lot of people who claim to love mankind are hypocrites anyway and are cruel to their own children and inconsiderate of other people. Furthermore, Mindy McCready chose to end her life and it was her decision and her right as much as anyone else may disagree.

LUCY MARTINEZ, VIA E-MAIL

I was amazed with George McDonald's letter to the editor in which he claims that our pets are "as much a part of the family as our children are." This is absolutely ludicrous. Comparing pets to children is sick and disturbing. I understand that we love our pets, but an animal is an ANIMAL. A human being is a HUMAN BEING. **EUGENE SULLIVAN, VIA E-MAIL**

Your opinions on animals are completely insane and infuriating. My son has given me nothing but years of stress pain and aggravation. My cat, Jet, has been a blessing — and I'd trade my son off for him in a metro second.

THOMAS BROWNELL, VIA E-MAIL

SUDOKU: HARD

	5					8		9
		6		9			1	3
			1	2		6		
			9	5			6	
	1	9				5	8	
	3			6	2			
		5		1	6			
7	9			8		1		
1		2					3	

Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

E-mail your letters:
letters@metro.us

Keep them as brief as possible, preferably under 100 words. Metro reserves the right to edit all letters. Please include your name and contact information.

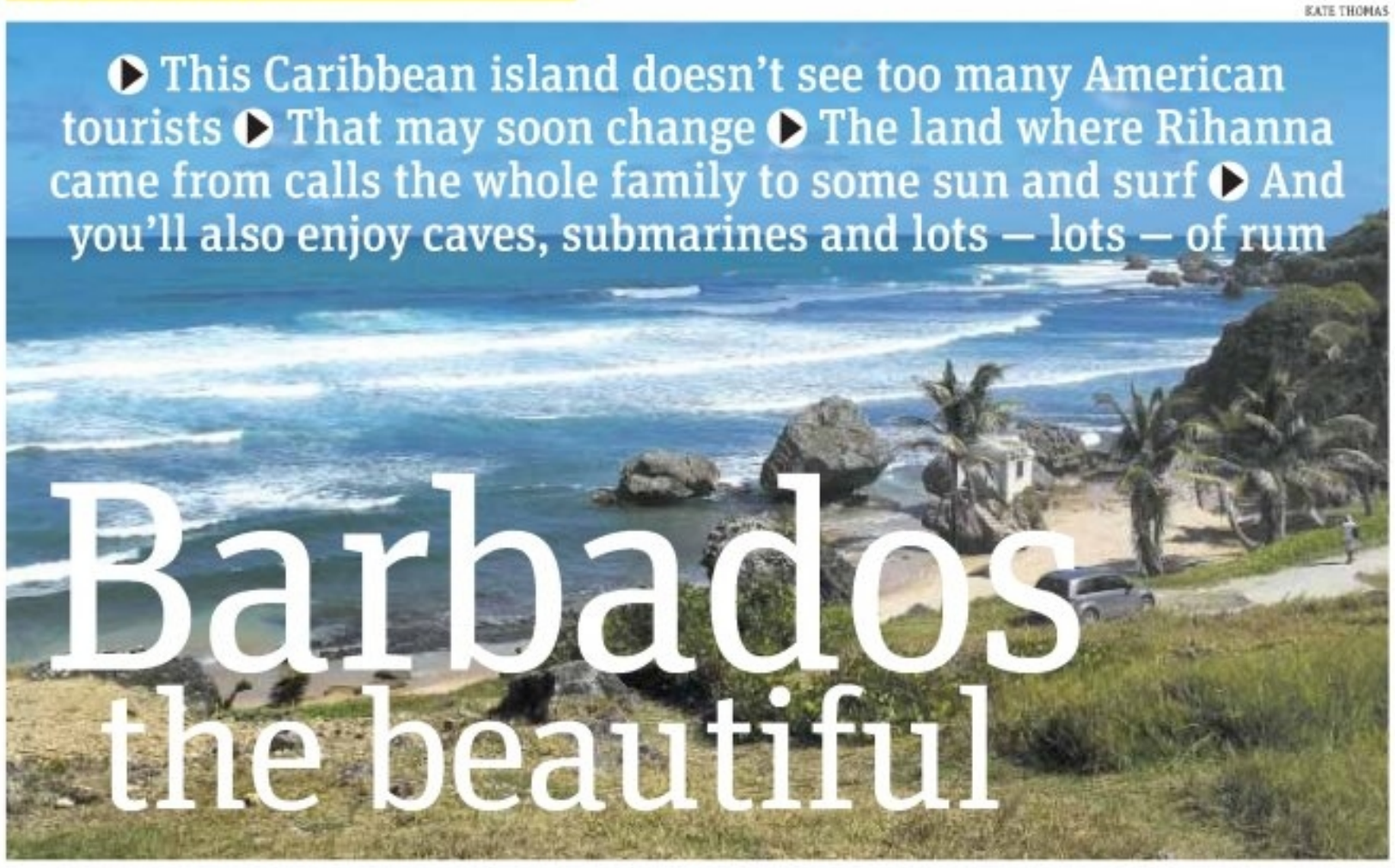
To advertise, call 215-717-2695; Jennifer Clark, Executive Sales Director

PHILADELPHIA | **Editor in Chief:** Tony Metcalf, tony.metcalf@metro.us @edinchief metro | **Managing Editor:** Dorothy Robinson, dorothy.robinson@metro.us | **City Editor:** Christina Paciolla, christina.paciolla@metro.us | **Sports Editor:** Mike Greger, mgreger@metro.us **Entertainment Editor:** Rachel Vigoda, rachel.vigoda @metro.us | **Books/Parenting/Gossip/Travel Editor:** Dorothy Robinson, dorothy.robinson@metro.us **Home/Style/Food Editor:** Tina Chadha, tina.chadha@metro.us | **Film/TechEditor:** Matt Prigge, matt.prigge@metro.us | **Wellbeing Editor:** Meredith Engel, meredith.engel@metro.us | **Music Editor:** Pat Healy, pat.healy@metro.us **Careers/Education/Dating Editor:** Julia Furlan, julia.furlan@metro.us **Copy Chief/Theater Editor:** Tracie Michelle Murphy, tmichelle.murphy@metro.us

As the world's largest global newspaper, Metro has more than 18 million readers in over 100 major cities in 23 countries • **Metro Philadelphia** 30 S. 15th St. Philadelphia, Pa. 19102 • **main:** 215-717-2600 • **sales:** 215-717-2695 • **e-mail sales:** adsphilly@metro.us • **distribution** e-mail: distribution@metro.us • **National Sales Director** Ed Abrams • **Executive Sales Director** Jennifer Clark • **U.S. Circulation Director** Joseph Lauletta • **U.S. Marketing Director** Wilf Maunoir • **Advertisements appearing in Metro are published in good faith.** Metro does not endorse and makes no representations about any of the advertising content appearing in its pages. Metro is not responsible for any loss or damage whatsoever resulting from readers using the services of its advertisers. Readers should exercise caution when replying to advertisements, especially those which require any form of payment, and, where necessary, should seek independent legal advice.

destinations

KATE THOMAS



▶ This Caribbean island doesn't see too many American tourists ▶ That may soon change ▶ The land where Rihanna came from calls the whole family to some sun and surf ▶ And you'll also enjoy caves, submarines and lots — lots — of rum

Barbados the beautiful

Catch you on the sunny side

Once a British colony and still part of the Commonwealth, English-speaking Barbados has long been a favorite retreat for the kind of people who like baked beans for breakfast. American tourists are a bit of a novelty on this unspoiled coral island, and you're unlikely to get stuck with a raucous party of spring breakers in the room above you. There's a thriving nightlife, but the island's true siren song is one of tranquility and family-friendliness.

Kate Thomas
letters@metro.us

Get fried

Friday nights at **Oistin's Fish Fry** are a crowded affair — it's hard to find parking and just about everyone, their mother and their children comes out for an evening of food, song and drink. It's the perfect place for out-of-towners to mix with Bajans and try local fare.

As the cold winds come down from the north, out come the wistful screensavers depicting golden sunsets, limpid waters, swaying hammocks and sweet drinks with little pink umbrellas. But when you get tired of holding your mouse really still to get a glimpse of digital paradise, think about cashing in those unused vacation days and heading down to Barbados. The warm Caribbean waters caress its western shores, the wild Atlantic is to the east, and rum takes care of everything in between.

More than sand and surf

If you're the kind of person whose tan more closely resembles Santa's rosy cheeks than the electric orange of Jersey Shore beach bums, don't despair. Here's a sample of activities that don't require your own weight in SPF 9000:

Take a submarine ride: Unlike most of its volcanic neighbors, Barbados is a coral reef topped with clay and dirt. Its spectacular origins are visible 140 feet below the azure waves. Get down with the periscope crowd at **Atlantis submarine tours (www.barbados.atlantissubmarines.com)** and view the best in teeming sea life. If you've ever wanted to see an actual shipwreck, complete with Titanic-style eeriness and barnacles, this is your chance.

Cave in and take a cavern tour: Barbados has become a little easier on the casual, less adventurous traveler in recent years, and **Harrison's Cave** is a good example **(harrisonscave.com)**. The series of caverns, among the largest and best on the island, offer a sit-back-and-relax trolley tour for families and those who packed nothing but beer cozies and flip-flops in their luggage. It also offers a more hands-on and strenuous set of adventure tours for the more daring tourist. Whichever you chose, make sure to mind the iPhones — the caves are alive, and thus very drippy.

KATE THOMAS

▶ To give you an idea of how big this series of caverns is, note that one is known as "the cathedral" and lives up to the name.

Rum, rum everywhere, and oh, are there a lot of drops to drink: There might be a secret competition on Barbados as to who can serve the best — and the most— rum punch. It's all pretty delicious, so don't pass up a taste. If you want a bit more history and a little less punch, visit **Mount Gay distillery (mountgayrum.com).** They've got lunch, a museum, an informative (and musically dramatic) film and a tasting. Rumor has it that Mount Gay was George Washington's favorite rum.

Where to stay

All-inclusive is the way to go for a stress-free vacation in the sun. **Mango Bay resort (www.mangobaybarbados.com)** offers everything you could ask for: Rooms with a fantastic view, helpful staff, a good bar, breakfast (there will be beans), lunch and semiformal dinner, a Caribbean

beach with watersports and a sigh-inducing sunset. The resort is literally just steps from a street bustling with nightlife and a European-style mall with high-end retailers.

The resort also offers wedding packages, nightly live entertainment and plenty for the kids to do.

Tip: If rum isn't your thing, the resort's bartenders do sweet, smooth justice to a mango martini.

EXPERT ADVICE CRUISE.COM LOWEST PRICE
LOWEST CRUISE PRICES GUARANTEED!
CRUISE SALE OF THE YEAR!
Receive Free Pre-paid Gratuities, up to $500 OFF, up to $950 Onboard Credit, up to $425 Onboard Savings, Free Upgrades plus Kids Sail FREE and More! on select sailings

NORWEGIAN CRUISE LINE — Receive up to $950 Onboard Credit, plus Free Upgrades on select sailings
7-Day U.S./Canada $439* Fr. PP — Ocean View $549* Fr. PP, Balcony $999* Fr. PP
7-Day Bahamas $469* Fr. PP — Ocean View $529* Fr. PP, Balcony $729* Fr. PP
7-Day Europe $499* Fr. PP — Ocean View $599* Fr. PP, Balcony $979* Fr. PP
9-Day Caribbean $649* Fr. PP — Ocean View $749* Fr. PP, Balcony $999* Fr. PP

Royal Caribbean International — Receive FREE Pre-Paid Gratuities plus up to $400 Onboard Gift Certificate on select sailings
7-Day Europe $479* Fr. PP — Ocean View $649* Fr. PP, Balcony $989* Fr. PP
7-Day Bermuda $499* Fr. PP — Ocean View $689* Fr. PP, Balcony $839* Fr. PP
7-Day Alaska $579* Fr. PP — Ocean View $699* Fr. PP, Balcony $1159* Fr. PP
10-Day Caribbean $649* Fr. PP — Ocean View $889* Fr. PP, Balcony $1039* Fr. PP

Celebrity Cruises — Receive FREE Pre-Paid Gratuities plus up to $500 Onboard Credit on select sailings
7-Day Alaska $489* Fr. PP — Ocean View $729* Fr. PP, Balcony $999* Fr. PP
7-Day Caribbean $679* Fr. PP — Ocean View $824* Fr. PP, Balcony $919* Fr. PP
7-Day Bermuda $719* Fr. PP — Ocean View $844* Fr. PP, Balcony $1134* Fr. PP
11-Day Hawaii $924* Fr. PP — Ocean View $1164* Fr. PP, Balcony $1549* Fr. PP

Princess Cruises — Receive up to $575 Onboard Credit, Save up to $1000 plus complimentary wine with dinner on select sailings
7-Day Caribbean $489* Fr. PP — Ocean View $584* Fr. PP, Balcony $729* Fr. PP
7-Day Alaska $684* Fr. PP — Ocean View $729* Fr. PP, Balcony $969* Fr. PP
10-Day Caribbean $684* Fr. PP — Ocean View $874* Fr. PP, Balcony $1454* Fr. PP
7-Day U.S./Canada $779* Fr. PP — Ocean View $919* Fr. PP, Balcony $1259* Fr. PP

Holland America Line — Receive up to $575 Onboard Credit, plus Free Dining, Wine or Champagne on select sailings
7-Day Caribbean $499* Fr. PP — Ocean View $589* Fr. PP, Balcony $789* Fr. PP
7-Day Alaska $559* Fr. PP — Ocean View $589* Fr. PP, Suite $1469* Fr. PP
10-Day Caribbean $789* Fr. PP — Ocean View $839* Fr. PP, Balcony $979* Fr. PP
10-Day Panama $889* Fr. PP — Ocean View $1179* Fr. PP, Balcony $1469* Fr. PP

800-387-6747

*Prices are pp/dbl. Cruise only on select sailings. Certain restrictions apply. Gov't taxes and fees are additional. Prices include NCF's. Prices are quoted in US dollars. All itineraries and prices are current at time of printing and are subject to change without notice. All exclusive deals are per cabin on select ships and sail dates and are not redeemable for cash. Ships' Registry: The Bahamas and Panama. CST #2015595-50 / Lowest Price Guarantee. In order to qualify for the guarantee the competitor's rate that appears in the advertising must be available for booking and be on the identical Cruise-only product. (Ship, Date, Destination, Category, etc.) The customer must meet the requirements for any rules that apply from the cruise lines in offering the rate. The guarantee does not apply to air, land components, onboard charges etc. This offer is only valid on cruise lines that are members of CLIA.

Opinion

ANGELO CATALDI

THE VOICE OF THE PHILLY SPORTS FAN

HONESTY IS BEST POLICY

Honesty may be the best policy in sports — and in life — but the policy has expired. Shameless liars have spawned a cynicism so deep the truth is no longer identifiable.

GETTY IMAGES

▶ Kelly

A case in point was the simplest of comments offered at the combine by Chip Kelly. The new coach said he didn't want to trade Nick Foles because he wanted to work with the promising, but slow-footed quarterback.

The howls of indignation that followed this innocuous remark were astonishing. A poll I oversaw at WIP radio had 58 percent of fans saying Kelly was lying. Reports surfaced Kelly was looking for nothing more than a third-round pick for Foles. The consensus: Who does Kelly think he's kidding?

What made this reaction so interesting is Kelly has no track record for fabrication. He was known at Oregon as guarded, maybe distrustful with the media, but never a liar. So far, he has dazzled no one with the hiring of his new staff and decision to bring back Mike Vick. But he has made no obvious attempt at deception.

So why has he been branded an unreliable source? Well, the obvious reason is he's following Andy Reid, a coach who had no respect for fans or for the truth. It was Reid who said he was "trying to win the football game" when he got LeSean McCoy hurt in the final two minutes of a 31-6 loss.

The Eagles have been no slaves to the truth, either. Their medical reports have been consistently misleading, their explanations for fan-unfriendly decisions have been insulting and former president Joe Banner poisoned many psyches with his 16 years of tall tales.

Fans have every right to doubt sports figures, especially after a decade of lies from the likes of Lance Armstrong and Alex Rodriguez. When these sports voices aren't lying, they are hiding from sight, like Sixers GM Tony DiLeo, Carlos Ruiz or Eagles owner Jeff Lurie.

The few who do tell the truth in sports rise to the top of popularity polls: Charles Barkley, Larry Andersen and — just last week — Claude Giroux. The Flyers captain said his team was "going through the motions" in a game against Montreal, inspiring improved play from teammates.

As someone who has survived 23 years talking sports in Philadelphia, I can say with authority honesty is the one quality that can cut through the din of deceitful voices in our ears. Fans always embrace an honest answer.

If Kelly learns nothing else from the cynicism over his support of Foles, it should be: Tell the truth.

– Angelo Cataldi is host of 94 WIP's Morning Show, airs weekdays 5:30-10 a.m.

In the news

Eagles release two players

The Eagles cut ties with two defensive players yesterday, Cullen Jenkins and Mike Patterson.

Jenkins, who was signed in 2011, registered 9.5 sacks in his two seasons here. Patterson, drafted by the Birds in 2005, has battled injuries in recent seasons, including brain surgery.

CAMPAIGN JOBS
Fight Hate Groups. • Teach Tolerance. Seek Justice.
Work with Grassroots Campaigns on behalf of the nation's leading organization on monitoring and fighting hate groups.
Earn $1,200-$2,200/month.
Full-Time / Part-Time / Career.
Call Dylan at (215) 564-0361

CREDIT REPAIR
FIX YOUR CREDIT REPORT
IMPROVE YOUR CREDIT SCORE
• QUALIFY FOR: • MORTGAGE • CAR
• LIVE YOUR DREAMS • REASONABLE RATES
The Credit Experts 215-642-0073

GAS/OIL HEAT • AIR CONDITIONING
$1089 Completely Installed
GM S8040 REPLACEMENT
ONE DAY INSTALLATION
100% FINANCING
CREDIT CARDS ACCEPTED
WINTER SALE $990 DELIVERED
VSX13015
The Goane Boys 610-353-5400

CLIP & SAVE
Nulook Carpet Cleaning
WINTER SPECIAL
INCLUDES FREE SCOTCHGARD
"We guarantee our work..."
$29.99 Per Room
(2 Room Minimum)
Living Room, Dining Room, Hall and Steps $110
5 Rooms $129.99
Entire House $169.99
Fast Drying
No Checks
Sofa $60
Love Seat $40
Chair $30
Family Owned and Operated for 25 Years.
We have Experience, Powerful Equipment, and Strong Suction.
We also offer Free Deodorizer.
Ask us about our Deep Cleaning method.
(No hidden charges)
267-970-8855
CLIP & SAVE

STOP THE SEARCH
We Have What You Want!
Ask for Dr. Credit's Approval
And Drive Today. Apply Online or Call
SPECIAL DISCOUNT FOR SEPTA, HOSPITAL, GOV'T & CITY EMPLOYEES
www.edencars1.com

2005 CHEVY IMPALA $0 Down**
All Power, CD, Cruise Control, Alloy Wheels, AD, 4WD $4900*

2004 JEEP GRAND CHEROKEE LIMITED $0 Down**
Alloy Wheels, Keyless Entry, 4WD, All Power, Leather, Sunroof, Premium Sound $6900*

2006 MERCURY MOUNTAINEER LUXURY $0 Down**
AWD, Sunroof, Running Boards, Leather, 3rd Row Seat, TV/DVD, Alloy Wheels, Roof Rack $7900*

2004 FORD EXPEDITION EDDIE BAUER $0 Down**
4WD/AWD, Leather, Alloy Wheels, 3rd Row Seat, CD, All Power $8900*

2011 CHEVY IMPALA $0 Down**
Keyless Entry, CD Changer, AC, Heated Seats, Heated Mirrors, All Power, Cruise Control $10,900*

2005 MERCEDES BENZ ML 350 $0 Down**
Alloy Wheels, Leather, 4WD/AWD, CD, Sun Roof, Keyless Entry, All Power $11,900*

2005 BMW X5 $0 Down**
All Power, Keyless Entry, CD, Cruise Control, Luggage Rack, Front Power Memory Seat, Alloy Wheels, Automatic Headlights $12,900*

2007 DODGE CHARGER R/T $0 Down**
Alloy Wheels, Keyless Entry, All Power, CD, Leather, Cruise $13,900*

2007 LINCOLN NAVIGATOR $0 Down**
Leather, Premium Sound, 3rd Row Seat, Fog Lights, Sunroof, DVD, Wood Trim, NAVI, Heated Seats $15,900*

CLIP IT. BRING IT. CASH IN!
$1,000 up to
TO USE AS CASH: TOWARD THE PURCHASE OF ANY VEHICLE
ADDITIONAL VALUE FOR YOUR TRADE • DOWN PAYMENT
Must be presented prior to negotiations. Cannot be used for service or parts. Cannot be combined with other offers.

EDEN VEHICLE MARKETING INC.
MONDAY - THURSDAY 9AM-9PM • FRIDAY 9AM-6PM
10100 Bustleton Avenue Phila., PA 19116 215-698-9996
Price(s) include(s) all costs to be paid by consumer, except for licensing costs, registration fees and taxes. Severity of credit may affect down payment, APR & terms. *Price reflects $2000 cash down or trade equity.
**for qualified buyers
CARFAX VEHICLE HISTORY REPORTS

EXIT BENCHMARK REALTY
441 E. Girard Ave Phila, PA 19125
www.ViewPhiladelphiaHomes.com
Get Qualified for $15,000 city Program-All Buyers Accepted • Not Credit-Based • Short Sale Specialists
Foreclosures • Rent To Own
Use Income Tax Check for Down Payment
Tony Goodman *Broker/Owner*
Bus: 215-427-2870 • Cell: 215-479-7923
Each Exit Office is Independently Owned and Operated

metroclassifieds
to place an ad call
866-900-9473
or visit us at www.metro.us

ENTRY LEVEL NURSE AIDE PROGRAM
Become a Certified Nurse Aide
• 4 week course prepares you for the State Board Exam.
• Day or Evening Classes Available.
• Job Placement Assistance.
• On Site Job Interviews.
• Welfare Recipients Welcomed.

PLEASE CALL FOR AN APPOINTMENT
(215) 843-4CNA (4262)
WWW.ENTRYLEVELCNA.COM

Doc proudly passes on title of Phillies staff ace

Roy Halladay's gracious handing of the torch to Cole Hamels re-established him as the soul of the Phillies. No one on the aging team deserves a World Series win more than the 35-year-old pitching warhorse Doc Halladay.

After Hamels was chosen to start the exhibition opener, Halladay stepped up and praised the decision to make the young lefty the ace of the staff. Halladay has started every season opener since 2002, and he accepted without complaint the demotion that his poor 2012 season demanded.

Then Halladay reclaimed his role as a leader by publicly calling for more urgency to win from the entire team, especially early in the 2013 season. The future Hall of Famer pointed out that the Phillies treated April and May like extended spring training last year, while Washington raced out to an insurmountable lead.

PHOTOS: GETTY IMAGES

▶ Halladay

Of course, if you were reading this column back then, you already know how absurd the Phillies' blase attitude was, and ultimately how destructive it became. In his own subtle, classy way, Halladay was sending a high, hard one right under the chin of manager Charlie Manuel, the culprit behind 2012's early stupor.

Thanks to Halladay's leadership last week, we can all take some comfort in the notion that April and May will be better this season. Nobody has more riding on it than Manuel himself. ANGELO CATALDI

Keep Bynum where he belongs — on the Sixers' bench

Is there anything else to say about Andrew Bynum, the poster boy for sports apathy? Let's give it a try.

Bynum has become such a negative influence on Philadelphia sports that Sixers tickets are selling for pennies on the secondary market and there are public demands for the lackadaisical center's release. Despite my utter disgust over him, I disagree with this sudden outcry for revenge.

First of all, dumping him now would give Bynum a chance to sign with another team and maybe play enough games to showcase himself before free agency. Other than satisfying our natural urge to punish a deadbeat, there is nothing to gain.

▶ Bynum

A better idea is to continue to monitor his progress from chronic knee issues in the hope that he can get back on the court soon. Hey, he did actually practice with the team for the first time over the past few days. There's always hope.

Now here comes the best part: When Bynum is finally ready to show the world that he's worth the $100 million or more he will be seeking after this outrageous season, the Sixers should sit his rear end on the bench and never play him.

Think about it. The Sixers would be insane to sign Bynum to a long-term deal after the past six months, and the current season is a lost cause. Scoring a win over Bynum — and a blow against unmotivated, me-first, hair-stylin', bowling-crazed egomaniacs — would provide some solace, wouldn't it? ANGELO CATALDI

www.driverossi.com
3759 KENSINGTON AVE. 215-831-8861

2009 Jeep Liberty — Roof Rack, Alloy Wheels, One Owner
2008 Buick Lucerne — Leather, CD/MP3/Ipod Connect, Low Miles
2008 Chrysler PT Cruiser — All Power, CD/MP3, Cruise, PA One Owner
2007 Pontiac G6 — Sunroof, Power Windows/Locks, CD
2007 Chrysler Pacifica — 3rd Row Seat, Dual Zone AC, Super Clean!
2007 Chevrolet Uplander — 3rd Row Seat, Wood Trim, New Car Trade
2006 Chevrolet Silverado 1500 LS — Crew Cab, Tow Package, New Chevy Trade
2005 Chevrolet Equinox — Keyless Ignition, CD, New Car Trade
2003 Cadillac CTS — Leather, Sunroof,New Toyota Trade
2002 Buick Rendezvous — Cruise, Keyless Entry, Great Example!
2001 Chevrolet Monte Carlo — PW/PS/PL, CD, New Car Trade
2000 Buick LeSabre — All Power, Lancaster County Trade In
★ $500 OFF Vehicle Purchase w/ Ad ★
CALL TODAY. DRIVE TODAY.
*For in-house financing only.
MARC ROSSI AUTO SALES
$0 DOWN Available
No Credit Check**
• Bad Credit
• No Credit
• Repos
OKAY!
GUARANTEED CREDIT APPROVAL
215.831.8861
FINANCING DONE RIGHT

RADIATOR COVERS

COVER THAT UGLY RADIATOR...
FREE ESTIMATES, DELIVERY, INSTALLATION.
The Best in the Business Since 1945
BORNMANN MANUFACTURING CO. INC.
3731 Old York Rd., Phila. Pa 19140
215-228-5826
www.customradiatorcovers.com

Get PAID to help find a cure!
ZipTrials.us
Powered by metro

Participate in local clinical trials at
www.ZipTrials.us

Lee hurls darts for Phillies in opening start

Cliff Lee is ready to start the season. Philadelphia's most popular athlete dominated Detroit in his spring training debut yesterday. Lee threw darts.

The Tigers' only managed a walk against Lee, who struck out two in a pair of quick innings.

"I can throw a couple of innings [right now]," Lee said. "I feel good but I still have to build up endurance so I can throw 100 pitches. You have to build up during spring training."

But can the Phillies' offense, which has generated little in three exhibition games, build up? The Phillies scored just one run on three hits in the first six innings with a lineup filled with players Charlie Manuel hopes will lead the team back to the playoffs.

GETTY IMAGES

"We'll be fine," Michael Young said. "You'll see."

Fans will be skeptical about the offense, but Lee and fellow lefty ace Cole Hamels should make a believer out of anyone.

There is a misconception among fans that Lee had a subpar 2012. Aside from five poor starts, Lee was very good last season.

"I felt like I gave the team a chance to win every time I pitched other than a handful of games," Lee said. "That's really all I can control."

Lee isn't worried about the offense. He believes Ryan Howard and Chase Utley will make a big difference. He's also thrilled that the Phillies picked up Young from Texas.

"Michael Young was the heart and soul of that team," Lee said. "He's a great team leader. Like Chase, he never takes an inning off."

Ed Condran
sports@metro.us

Hey Cliff, what about that crazy 2012 season?

Cliff Lee's 2012 numbers are eyebrow raising. He had a 2.45 ERA during the second half of the season. He finished in the top 10 in strikeouts and WHIP. How did he only win six games during the season? He had awful run support.

The Phillies scored three or fewer runs in 20 of his 30 starts. Lee didn't record his first win until the Fourth of July.

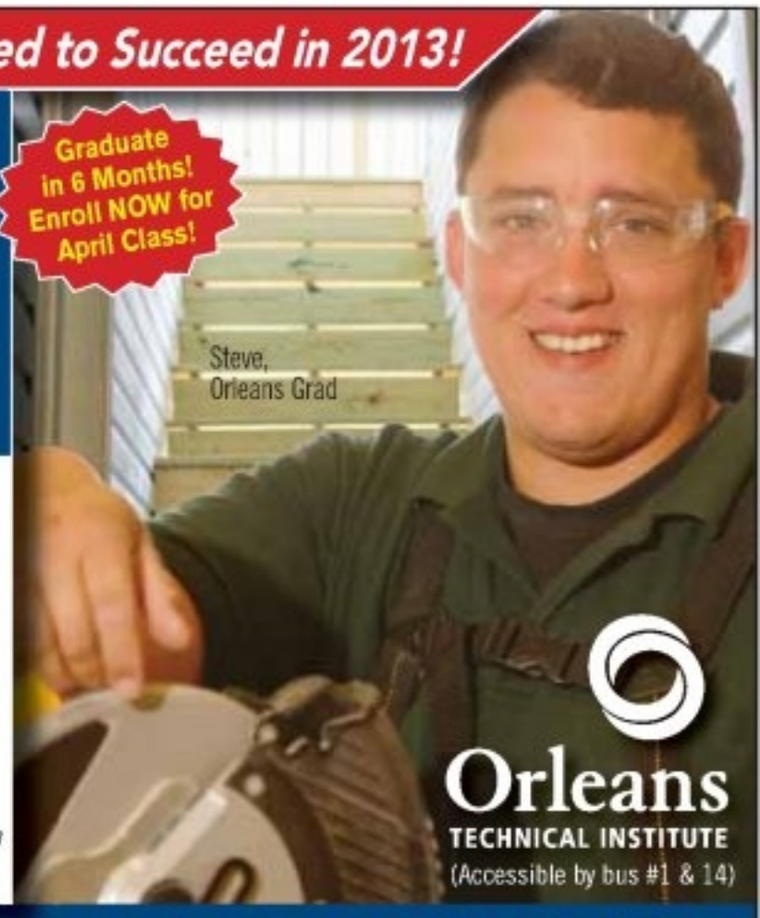
"I can't see how that can happen again," Lee said.

METRO/EC

Learn What You Need to Succeed in 2013!

Get Hands-On Training in Carpentry

Graduate in 6 Months! Enroll NOW for April Class!



Build the Technical Skills That Employers Want

Framing, drywall, rough and fine finishing, siding, shingle roofing, door/window installation. **Build a house to scale & full-size deck!**

Orleans Offers: Job search assistance
Financial aid available for those who qualify
Industry certification opportunities

Applicants must have a high school diploma or GED

Orleans TECHNICAL INSTITUTE (Accessible by bus #1 & 14)

Call (215) 728-4700 • www.OrleansTech.edu • 2770 Red Lion Rd., Phila., PA

Accredited by the Accrediting Commission of Career Schools and Colleges; Licensed by the PA State Board of Private Licensed Schools
For program disclosure information, please go to www.orleanstech.edu

DIRECTORY

Legal Services

To place an ad call Erin Tideman at 215-717-2691 or email erin.tideman@metro.us

Medical Malpractice
Cancer Misdiagnosis/Doctor Mistake
Birth Injury/Cerebral Palsy
Surgery Mistake/Hospital Death
PHYSICIAN-ATTORNEY (DOCTOR-LAWYER)
Yale & Harvard Trained MD-Lawyer On Staff
4x Named One Of PA's Rising Stars (Top Young Lawyers) in Medical Malpractice by Phila Magazine
Over 12 Million Dollars Recovered in 2012 as Co-counsel
PA & NJ (215) 592-9750
Law Offices of Tai Y. Wong, P.C.
1101 Market Street, Aramark Tower Suite 2820
Philadelphia, PA 19107
No Recovery - No Fee

DeMarco & DeMarco, P.C.
INJURED?
DIAL DEMARCO
855-55-DeMarco
(33627)
www.demarcoanddemarco.com

SLIP AND FALL
Our Law Firm handles all FALL DOWN Claims
Free Consultation 24/7
215-268-7800
SLIPANDFALLGUYS.COM
Clearfield, Kofsky & Penneys

CANCER
MEDICAL MALPRACTICE
MEDICATION INJURIES/DEATHS
Cancer/Medical/Hospital/Pharmacy Mistakes, Misdiagnosis, Delays, Injuries, Deaths.
Brain/Surgical/Orthopedic Injuries/Deaths.
Major Injuries/Deaths.
Cases Are Reviewed with Expert Physicians including Ivy league trained expert physicians.
Numerous Times Named one of Pennsylvania's best medical malpratice/Personal injury attorneys by Phila. Magazine with selections as a Pennsylvania Super Lawyer.
Millions of Dollars Recovered for Injured Clients.
Emmanuel Law Firm, LLC
Two Penn Center, 1500 JFK Blvd.
No Recovery-No Fee/Free Consultations
215-567-0493
www.emmanuellawfirm.com

← PHILA → THE BOULEVARD LAW CENTER
www.boulevardlaw.com
WORKERS' COMPENSATION LUMP SUM SETTLEMENTS
NORTHEAST PHILADELPHIA OFFICE
215-969-6550
1730 Welsh Rd (Corner of Bustleton & Welsh Rds), Phila, PA 19115
No Fee Unless You Recover Money

Serious Injuries
Slip & Falls/Accidents
Getting People Paid for 20 Years
CALL US NOW
215-496-1100
*No fee until you get paid
Philadelphia Law Firm Bentley M. Saul Ltd.

INJURED AT WORK?
WE WILL FIGHT FOR YOU
• WORK INJURIES
• SOCIAL SECURITY DISABILITY
FREE CONSULTATION • SE HABLA ESPANOL
215-546-4208
ADAMS RENZI AR LAW
CALL CHRISTY ADAMS, ESQ • ADAMS RENZI LAW
CENTER CITY • 1429 Walnut St. NORTH PHILA. • 227 W. Lehigh Ave.

FAMILY LAW/DIVORCE
Real Help from Real Attorneys
Fast and accurate filing
Sadek & Cooper
1315 Walnut Street, suite 302
Philadelphia, PA 19107
PAYMENT PLANS AVAILABLE
215-545-0008
www.sadeklaw.com

Medical Research

Check out Metro's Online Medical Research Directory at **health.metro.us**

metro health

To place an ad call **Brian Lydon at 215-717-2694** or email **brian.lydon@metro.us**

Children Needed for Breakfast Study

The University of Pennsylvania is seeking children (ages 8-10) and a parent to participate in an eating research study. Children will be asked to eat breakfast & lunch and participate in game-like tasks requiring attention and memory in our Center once a week for 3 weeks.

Each visit will last from 8:00AM until 12:30PM.

All meals and compensation ($225) are provided.

Call (215) 746-2061 for details.

Penn

DO YOU SUFFER FROM ARTHRITIS?

Compensation up to $50.00 per visit

No-cost study-related care and study medications for up to 42 months.

No health insurance or referrals are required.

Local doctors need volunteers for a research study comparing FDA-approved arthritis medications.

CLIP & CALL!

866-668-7321

Visit: www.StudyForArthritis.com

Struggling with Cocaine, Marijuana or Prescription Opiates?

The University of Pennsylvania is using brain imaging to test research interventions that may prevent relapse.

Treatment is provided.
There is no cost to you.

Call anytime

1-800-528-5527

Perelman School of Medicine
University of Pennsylvania

Have you had a TERRIFYING EXPERIENCE?

Are you still haunted by the memory even though you try to forget it?

AND

Are you SMOKING cigarettes but WANT TO QUIT?

You may be eligible for a research study with 12 weeks of counseling and medication.

Financial compensation up to $485 is provided for eligible persons.

Penn Medicine

Call today! 215-746-3327

UPenn Center for the Treatment & Study of Anxiety

Do your depressive symptoms continue, despite ongoing antidepressant treatment?

We are seeking volunteers for the ARTDeCo Study. We hope to learn more about the effects and safety of study drug in people with depression when it is taken with an ongoing antidepressant medication. We will also study how much drug is in your body and how long the body takes to get rid of it.

You may be eligible to participate if you:

- Are between the ages of 18-65 years
- Have a diagnosis of depression
- Are having an inadequate response to your current antidepressant treatment with a selective serotonin reuptake inhibitor (SSRI) or a serotonin norepinephrine reuptake inhibitor (SNRI)

Please call today to learn more about the ARTDeCo Study!

For more information call:

215-884-1700

THE CLINICAL TRIAL CENTER

IMPORTANT INFORMATION:
All classified advertising is subject to the terms and conditions of the applicable Metro Classified rate card and to approval and acceptance at Metro U.S. option. Metro US reserves the right to edit, reject, cancel or reclassify an ad, and reserves the right to convert any classified advertising to alternative formats for use and publication in other Metro U.S. publications. It is the advertiser's sole responsibility to check each ad the first day it is published. Metro U.S. assumes no responsibility for any reason, for any error or omission in any ad.

Jobs

General Help Wanted

OPEN HOUSE FOR MUSIC TEACHERS

9AM-11:30AM 3/2/13
DAYS INN HOTEL 4200 ROOSEVELT BLVD PA 19124 $25-$30 PER HR UPTO 10HOURS EVERY SATURDAY

General Help Wanted

HOUSEKEEPERS
CC Hotels & Hospitals
No exp. To $14/hr.
Pal, 107 W. Girard.
215-203-8745 Fee

metroclassifieds
TO PLACE AN AD CALL 866-900-9473

Telemarketers Wanted
Hourly rate plus bonus.
Part time, days only.
Room for advancement.
Must be motivated.
Close to transportation.
Call 610-352-5151 ext. 101

Overbrook Friedlander Programs is seeking a Clerical Assistant with excellent clerical and organizational skills. Experience in a setting with a provider for the intellectually disabled population a plus. Must have knowledge of Microsoft Office Software and internet applications. 35 hour/wk. **Send resume w/ salary requirements to: OFP, 1900 Wynnewood Rd., Phila., PA 19151 or Fax (215) 877-5039.**

General Help Wanted

APPLY – NOW HIRING

$900 WKLY AVG

Excellent reward programs • Incentives & Advancement Opportunities

NO EXPERIENCE NEEDED • TRAINING PROVIDED

CALL NOW **215-789-2050**

CUSTOMER SERVICE
POSITIONS AVAILABLE NOW

- **No exp. necessary**
- **Great pay**
- **Training provided**
- **Close to public trans.**

For an interview please call 215-207-0998

AMERICAN Buyers

Now hiring!

Event planners (Phila, New Jersey, Del)
Full time/part. Time
Experience wanted but not needed!

Send resume:
Americangoldanddiamond@yahoo.com

For Sale

Miscellaneous

Sectional, micro fiber w/ chaise & otto man, 7 colors avail. Brand new still boxed. Get all 3 pcs $569. **Call 215-752-0911**

RECORDS: Rock / R&B / Jazz / LP's & 45's, 78's, CDs. Also DVDs. Lg collections preferred. Ron: 267-506-9779

DINING ROOM SET
Liberty Tree Collection purchased @ Leister's Furniture, Hanover, PA. Table 39x60, 4 chairs (2 captains), Deacons bench, Hutch 60x74 1/2, $1,500.00 or make offer, will e-mail picture upon request (215)493-4894 rcc4894@yahoo.com

Garage & Yard Sales

Bed Brand New Queen Pillow Top Mattress Set in plastic w/warranty $175. Delivery avail. 215-355-3678

BUYING GUITARS, VINTAGE Guitars & All Musical Instruments. Call Rob, 609-457-5501

LEATHER BED:
Queen $169 • King $220.
pillow Top MATTRESS Set:
Queen $175 • King $275
EXFURN.COM 215-752-0911

Pets

Breeders

Maltese Pups AKC registered 1 M left, parents on premises, Vet checked. Ready NOW! Call 267-992-4252

JACK RUSSELL PUPPIES. 8 weeks old. 2 males, 1 female. Parents on premises. $175 ea. 610-982-9704

SEARCH IT. FIND IT. BUY IT.

metroclassifieds

metro classifieds

in print & online

TO PLACE AN AD:
866-900-9473
CLASSIFED.METRO.US
PHILLYCLASSIFIEDS@METRO.US

CLASSIFIED AD DEADLINE:
5PM TWO (2) BUSINESS DAYS BEFORE PUBLICATION

Real Estate/Sale

EQUAL HOUSING OPPORTUNITY

PUBLISHERS NOTE

All real estate advertising herein is subject to the Federal Fair Housing Act of 1968 and state and local fair housing laws. The Fair Housing Act makes its illegal to advertise any preference, limitations or discrimination on the basis of race, color, religion, sex, handicap, familial status, or national origin or an intention to make any such preference, limitation or discrimination. State or local laws may make unlawful advertising that discriminates on the basis of age, marital status, or sexual orientation. Metro US will not knowingly accept any advertising for real estate which violates the law. The law requires that all dwellings advertised are available on an equal opportunity basis. If you have any questions regarding housing discrimination, call the Long Island Housing Services at 1(800) 660-6920 in Long Island or the Anti-Discrimination Center at (212) 346-7600 in New York City. To file a complaint call HUD toll-free at (800) 669-9777 or the New York City Commission on Human Rights at (212) 306-7500

reserve your space
DEADLINE: two (2) business days prior to publication at noon.
866-900-9473
metroclassifieds

Land

BRISTOL TWP. Rockdale section. Property for sale. Quick Sale. Asking $125,000. 267-878-0032

Homes

South Philly
All new T/H, exquisite
Sale or Rent $700/mo
Call 215.292.2176

House For Sale
$487.09 a month
3 Bedrooms, Excellent condition
Nick's Real Estate
(215) 425-3500

Real Estate Wanted

WE BUY UGLY HOUSES.
HOMEVESTORS
AMERICA'S #1 HOME BUYER
1-800-301-3223

Real Estate/Rent

Apartments

FREE HEAT
Apts Avail NOW
Studio/1-2 Bed. 69th Street area, close to trans, free Gas/HW, 1/2 off 1st month's rent. CALL NOW 610-734-2360

Shirley Court Apts, Upper Darby, PA 1 bedrooms $675-$750 Hardwood floors & renovated kitchens **Call Rich** 610-352-0706 rbedrick@novodev.com

1232 South Markoe
2 Bed Apt., 2nd flr, completely reno, nr Univ City. Call 215.248.4646

Apartment for Rent West Philly/Parkside. $550-$600/mo 215-820-8680, 215-240-7835

LEVITTOWN
~Edgely Estates~
WINTER SPECIALS
Studios from $579
1 BR from $695
2 BR from $929
CALL NOW!!!!
1-855-EDGELY-5
1-855-334-3595
Evening Appointments Avail
Info@EdgelyEstates.com

Feasterville
CHALET VILLAGE
DEALS of the month
Townhouse Available!
2 BR 2 Bath with fireplace Avail.
Free heat, water & cooking gas
Private basement & garage
FREE Months Rent
Small dogs allowed!
Call Today!
215.355.3048

Homes

1628 South 18 St newly reno 3 story, home, 6 bed 2ba, hd flrs, new carpet, dw, w/d in basement. 215-760-5230

BRISTOL TWP. 3 BR, 1 BA, new kitchen & BA, new appliances, large gar. $1300+. 215-946-4691

LEVITTOWN Pennsbury Schools: 4 BR, 2 BA, Gar. New Kitchen, BA's, Carpet & Paint. All Appliances. $1,600/mo. min. 2 year lease. 215-680-3500

Miscellaneous

BRISTOL, PA
4000 sq. ft. of Space $1500/mo.
Storage for RV's, Cars & Boats
Office space $600 mo.
Smaller Spaces Available
Call: 215.620.7618

Apartments

Hillside Manor
CHESTER APARTMENTS
1127 Ward St, Chester PA
- New 2 Bedroom Apts
- Private Entrances
- New on-site laundry facility
- FREE Off street parking in your own driveway!

Call Kimberly (484) 483-7805 or after hours (610) 505-5096

BROWNS MILLS 3 BR duplex in country. No pets. $1000+ utilities. 1 1/2 month security. Credit references. 609-893-2734

Feasterville
CROFTWOOD APTS
1 BR from $899.00
- FREE Heat & Hot Water
- No application fee
- Receive a FREE months Rent!

Call Today! 215-355-3048

DOYLESTOWN BORO 1 BR, 2nd floor, w/ loft. Includes heat! $900. No dogs. Call 215-348-7837

STUDIO AND 1 BEDROOM APARTMENTS AVAILABLE
Leasing Office is located at 216 s 48th st.
We are available 9am - 5pm.
Weekend apts are available.
CALL 267-701-0327

Studio & 1BR Apts Newly Renovated
FREE HEAT $550-$675
16th & Allegheny or 1336 Arrott St.
CALL 267.227.1687

NOW ACCEPTING PHA VOUCHERS
Newly renovated apts
North East and Nicetown
HEAT INCLD
267-515-7682

Condos

CHESTNUT GROVE, DOYLESTOWN
1 BR Condo for Rent
$900/mo. Call: 215-262-9853

Homes

ACES SALVAGE
JUNK CARS WANTED
WE PAY THE MOST
We Pay in Cash
Guaranteed
Top Dollar
24/7 FREE TOWING
215-668-2277

Vehicles

Vehicles Wanted

$$$ UP TO $1100.00 $$$
For Cars w/ Bad Engines w/or w/o title
500.00 CASH $$$
For Any Junk Cars or Trucks
215-669-1000

Miscellaneous

Car Remotes!

Car Chip Keys!
REMOTE START!
Sales,Repair & Programming
215-486-7040--Fairless Hills
10% off! Stu's EZ Auto Remotes

WE BUY JUNK CARS
$300-$400
CASH GUARANTEED
FREE TOWING
SAME DAY PICK-UP
267-229-1970

Up to $400 Cash
FOR JUNK CARS!
Free SAME DAY TOWING

Female Owner/Operator
215-801-4216
JunkyardBarbie.com

Vehicles Wanted

A $400 Guarantee
On Any Large Vehicle
NO

We Buy
Junk Cars & Trucks
WILL PICK YOUR CAR UP WITHIN THE HOUR
215-200-3401

BUYING JUNK CARS
Top $$$ paid.
We pay cash!
609-851-2980; 215-429-8336

Career Training

Looking for a career with Independence?
Training as an **HVAC/R Technician** could be the answer!
Call Now! 800.761.7504
Kaplan Career Institute - Broomall Campus
1991 Sproul Road, Suite 42, Broomall, PA 19008
Information about programs at www.go.kcibroomall.com

IT IS TIME TO MAKE A CHANGE!
Start now by training to become a **MEDICAL ASSISTANT!**
Call Now! 800.761.7504
Kaplan Career Institute
Broomall Campus
1991 Sproul Road, Suite 42, Broomall, PA 19008
Franklin Mills Campus
177 Franklin Mills Blvd., Philadelphia, PA 19154
Philadelphia Campus
3010 Market Street, Philadelphia, PA 19104
Information about programs at www.go.studentsfirstnow.com

AMAZING OPPORTUNITY!
Start training today for a new career as a **PHARMACY TECHNICIAN!**
Call Now! 800.761.7504
Kaplan Career Institute
Broomall Campus
1991 Sproul Road, Suite 42, Broomall, PA 19008
Franklin Mills Campus
177 Franklin Mills Blvd., Philadelphia, PA 19154
Information about programs at www.go.kcibroomall.com
www.go.kcifranklinmills.com

You Could Work in
Clinics & Hospitals, Nursing Facilities, and Doctors' Offices
By Training in RESPIRATORY CARE!
Call Now! 800.761.7504
Kaplan Career Institute - Franklin Mills Campus
177 Franklin Mills Blvd., Philadelphia, PA 19154
Information about programs at www.go.kcifranklinmills.com

Services

Miscellaneous

DIABETIC TEST STRIPS NEEDED
Also nicotine patches.
Will pay up to $30 per box.
Will pick-up. Call James
610-453-2525

CASH PAID!!
for ALL Diabetic Test Strips, Nicotine patches, Gum Paying
UP TO $30 per box $$
We pickup
215 395-7100

Phone Services

Careers

HIGH SCHOOL DIPLOMA FROM HOME
6-8 weeks accredited
Get a Diploma! Get a Job!
No computer needed!!
Call 24/7 for free brochure
1-800-264-8330
www.diplomafromhome.com
Benjamin Franklin High School

SEARCH IT. FIND IT. BUY IT.
metroclassifieds

This is the watch Stephen Hollingshead, Jr. was wearing when he encountered a drunk driver. Time of death 6:55pm.

Friends Don't Let Friends Drive Drunk.

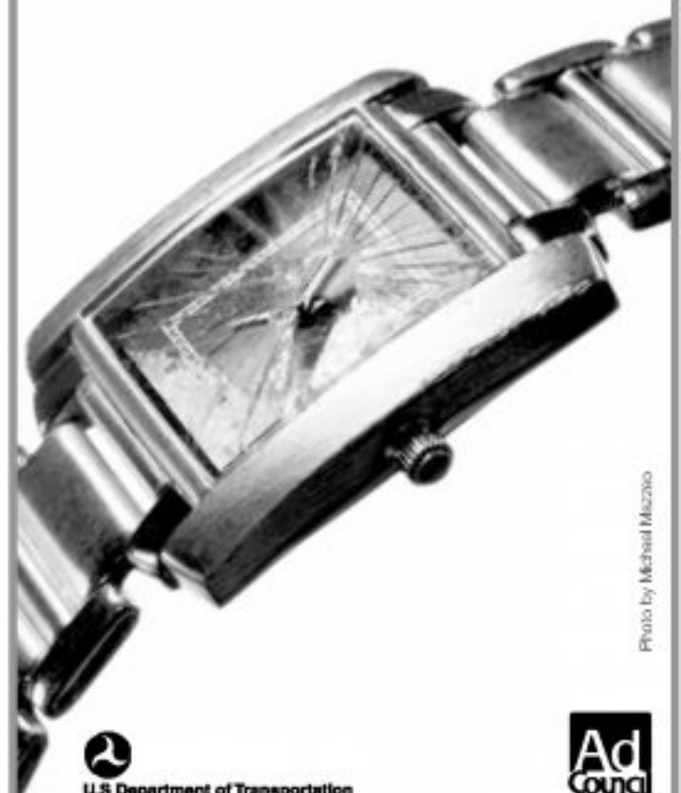


Photo by Michael Mazzeo

U.S Department of Transportation
Ad Council

Psychic

SHEIKH SALEEM
917.254.6647
MYSTICAL AFRICAN MEDIUM & SPIRITUALIST
SOLVES ALL YOUR ISSUES,
LOVE SPECIALIST, REUNITE LOVERS,
BUSINESS, JOB, COURT, LUCK,
BLACK MAGIC, PROTECTION,
IMPOTENCY, IMMIGRATION, ETC.
ENGLISH AND FRENCH SPEAKING.
QUICK RESULTS
www.africanmedium.com

Auto

TOP $$$
FOR COMPLETE JUNK CARS AND TRUCKS
Free Towing-Same Day-
Used Vehicles and Parts for Sale
267-972-1398

Careers

weightwatchers360°

because it works

amazing

expect and

#1

BEST DIETS U.S.News WEIGHT LOSS 2013

BEST DIETS U.S.News COMMERCIAL 2013

BEST DIETS U.S.News EASIEST PLAN TO FOLLOW 2013

Diane Mogck
Lost 61.6 lbs.*
of blackwood,NJ

*people following Weight Watchers plan can expect to lose 1-2 lbs per week

"Leader Dan Paolucci is great, he is hilarious, but talks to you from the heart. He tells the truth and tells you like it is. My group is unique because they have quite a few Lifetime Members. "Dan uses us as examples of success to motivate and help others."

Scan or Visit

Free to Join*
Must pay weekly meeting fee.

1.800.456.6363

WWPHL.COM

*Offer good until March 16th 2013. Subsequent weekly fee of $14 applies ($13 for seniors and students). Not valid for At Work meetings or online subscription products. Cannot be combined with any offers. Participating areas include Berks, Bucks, Delaware, Lancaster, Montgomery, Philadelphia and Schuylkill counties in Pennsylvania a and parts of Burlington, Camden and Gloucester counties in New Jessey.

©2013 Weight Watchers of Philadelphia, Inc. All rights reserved. WEIGHT WATCHERS is a registered trademark of Weight Watchers International, Inc. Weight Watchers of Philadelphia, Inc. is a franchise of Weight Watchers International, Inc.